



Computer Vision Syndrome (CVS)

If you use a computer regularly you may have experienced symptoms that include blurred vision, difficulty focusing, eye strain/fatigue, headaches, light sensitivity, dry eyes, or even pain in your neck, shoulders and back. This collection of problems associated with computer use, is known as Computer Vision Syndrome (CVS). According to the National Institute of Occupational Safety and Health, more than 70 million U.S. workers use a computer and more than 88 percent of them complain of computer related eyestrain.

What Causes CVS?

Although individuals of all ages can experience these symptoms, middle-aged and older people are most likely to suffer from computer related eyestrain and blurred vision. When we reach the age of 40 and older, our eyes naturally lose their ability to focus. As our eyes try to overcome this loss, we are more likely to experience fatigue, blurred vision, headaches, sensitivity to glare, dry eyes, and physical discomfort.

Other factors that cause CVS include, poor lighting in the work place (resulting in glare and reflections), improper monitor positioning and screen size/settings, improper physical posture, and wearing an incorrect or inadequate eyeglass prescription.

Treatment and Management

Treatment for CVS should address all aspects of an individual's work environment. The computer screen should be positioned and adjusted to minimize reflections and glare. Replacing cool white fluorescent lighting with warm white or deluxe warm bulbs can improve comfort by reducing glare. Getting up and away from your computer to stretch every 1-2 hours will help your muscles relax.

Wearing the proper vision correction designed for viewing a computer will allow the eyes to focus more comfortably for a longer period. You should look away from the computer for 10-15 seconds every 10 minutes to allow your eye muscles to relax. Specialty lens treatments such as anti-reflection (anti-glare) coatings and light tints can also improve visual comfort and performance while working on a computer. Don't forget to blink regularly and use artificial tears if your eyes feel dry.

Advanced Computer Glasses

Although you may currently have glasses that work adequately for driving or reading small print, it is likely that they are not adequate for computer work. Why? Distance vision glasses provide optimum vision beyond 20 feet. Reading glasses correct near vision only, while bifocals correct distance and near vision. Even lenses that do include a prescription for the intermediate or mid-range zone, such as trifocals and progressives, have only a very small area for intermediate viewing. As a result most individuals experience frustration trying to find the best part of their lenses to focus through.

Fortunately, there is a new class of enhanced computer/reading lenses specifically designed to provide excellent near and mid-range vision without the limitations found with regular reading glasses, bifocals, or progressive lenses. These lenses are great for the office environment or any hobbies or activities that require close and mid-range vision.

Our office is experienced with prescribing and fitting this new generation of enhanced computer/reading lenses. Our goal is to provide you with the best possible vision correction to improve your work experience and enhance your lifestyle.

For more information on these lenses or other lens options, please contact our office at (248) 427-9620.