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For over half a century, Vasan Eye Care has been providing quality eye care to the people of India by always emphasizing on putting the needs of the patients first. Today, as the world's largest eye care network, we have over 175 hospitals across the country. Our dedicated team of 800+ ophthalmologists and our CARE team of over 8000 staff make a difference to thousands of lives each day attending to over 30,000 walk-ins everyday and performing over 700 surgeries per day. Our penchant for high quality standards ensures that our patients and their families always get the best.



Understanding Computer Vision Syndrome



The Vasan Eye Care Hospital Network

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Computers today are a necessity, especially at the workplace. Long hours staring at the computer screen have led to a series of symptoms, collectively known as the 'Computer Vision Syndrome' (CVS).

The vision problems of computer users are very real. The most common symptoms faced by computer users are:

- Eye strain / tired eyes
- Headaches
- Blurred vision
- Dry / irritated eyes
- Burning sensation of the eyes
- Neck / back aches
- High light sensitivity
- After images and double vision

These symptoms can largely be resolved with proper management of the environment and by proper vision care. Some of the common ways to resolve CVS are:



Blinking

The normal blink rate is 12-15 times per minute. However, this rate decreases while using computers. It is important to blink frequently as it helps maintain tear stability.

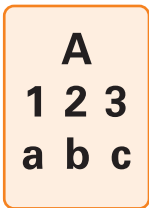


Eye exercise

Closing the eyes and slowly rolling the eyeballs in clockwise and anti-clockwise direction.

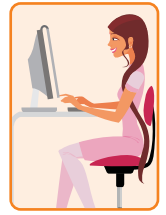
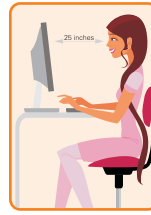
20-20-20 rule

Taking a short break every 20 minutes for 20 seconds and staring at an object that is 20 feet away from the eyes, or just closing the eyes for relaxation.



Font

- The font size on the computer screen should be big enough to read the text even from a distance (thrice that of the usual working distance)
- A dark font colour on a lighter background should be used.



Monitor

- The monitor should ideally be placed at a distance of 20 inches (50 cm) from the eyes
- The centre of the monitor should be 6-8 inches below eye level
- The monitor should be straight ahead of the person and should be tilted back at an angle of 15 degrees
- Higher contrast and lesser brightness is ideal and this should be adjusted according to the room's lighting so that the monitor does not act as the only light source



Keyboard

- The keyboard and the mouse should be placed below elbow level
- A wrist rest in front of the keyboard helps keep the wrists straight. The wrist rest should be soft. Also, adjustable arm rests on the chair helps keep the wrists straight



Document Holder

A document holder should be positioned at the same distance and height of the monitor.



Room lighting

Light shining directly into the monitor should be avoided. Anti-glare screens can be used for this purpose. Curtains or blinds should be used to control the amount of light entering the room.

If you suffer from Computer Vision Syndrome, take care to resolve it. Consult your doctor and get your eyes tested.