Article published on February 15th 2012 | Health

The same goes for those who are holding occupations that call for increased exposure to the computer than the medical community considers healthy. Even some careers that once had nothing to do with computers now complete their jobs on the computer. Architects, for example, can now do all of their plates on a PC, therefore reducing the need for paper and pens. More importantly, it assists in lowering paper wastage and allows offices to be less cluttered.

While computer monitors appear to produce low levels of light, constant exposure to them can induce significant eye damage known as Computer Vision Syndrome. It is a short-term disorder defined by an amount of signs featuring eye strain, double vision, and blurred vision accompanied with headache and dizziness. People who already have myopia or presbyopia may find that their signs are irritated with continual exposure to the computer.

While computer use is nearly unavoidable today, especially if one's job depends on it, computer users are suggested to look away from the screen once in a while and permit their eyes to rest for a few of minutes. Concentrating the eyes on something green has a cooling effect on the eyes also. This can take some amount of method for some, but decreasing computer use outside work can also substantially improve optical health. In any case, eye specialists are rising to the test by creating technology created to protect the eyes.

Abbotsford eye doctors occasionally endorse safety glasses, which are extremely valuable for people who use computers a lot. There are many kinds of safety glasses, but the ones recommended for Computer Vision Syndrome look like corrective eyewear. They resemble wraparound sunglasses with very little or no tint. Like sunglasses, these may have thicker frames and wider temple arms.

If you exhibit any of the manifestations of Computer Vision Syndrome, have your eyes checked by your trusted Abbotsford optometrist who can then suggest safety glasses. Prescription safety glasses are specifically constructed to fit your unique visual capacity. If you're currently afflicted with myopia or presbyopia, you may must get your eyes checked again so that your optometrist recognizes just what you need.

If your vision is in good condition, you may also get non-prescription safety glasses from Abbotsford optometrists. These offer the same security as prescription safety glasses. This way, your eyes can remain well protected even on increased exposure to the glare of a computer monitor.

Article Source:
http://www.articleside.com/health-articles/optical-health-and-computer-usage-problems-and-solutions.htm - Article Side

Vincent Davis - About Author:
For more details, please search a Abbotsford eye doctors, a Abbotsford optometrist, and a Abbotsford optometrists in Google.

Article Keywords:
abbotsford eye doctors, abbotsford optometrist, abbotsford optometrists

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!