



Article Side

What Optometrists Can Do about Computer Vision Syndrome by [Vincent Davis](#)

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The same goes for those who are holding occupations that need 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 projects on the computer. Architects, for instance, can now do all of their plates on a PC, therefore reducing the need for paper and pens. More significantly, it assists in lowering paper wastage and allows offices to be less cluttered.

While computer monitors appear to give off low degrees of light, constant exposure to them can induce considerable eye damage known as Computer Vision Syndrome. It is a temporary condition defined by an amount of manifestations consisting of eye strain, double vision, and blurred vision accompanied with headache and unsteadiness. People who already have myopia or presbyopia may find that their indicators are aggravated with continuous exposure to the computer.

While computer use is nearly certain today, particularly 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 couple of minutes. Concentrating the eyes on a green object has a cooling effect on the eyes also. This can take some amount of method for some, but lowering computer usage outside work can also considerably improve optical health. In any case, eye doctors are rising to the test by discovering technology created to safeguard the eyes.

Abbotsford eye doctors occasionally prescribe safety glasses, which are extremely useful for people who use computers a lot. There are many kinds of safety glasses, but the ones suggested for Computer Vision Syndrome resemble corrective eyewear. They resemble wraparound sunglasses with very little or no tint. Like sunglasses, these may have thicker frames and larger 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 recommend safety glasses. Prescribed safety glasses are particularly built to fit your unique visual ability. If you're currently affected with myopia or presbyopia, you may must get your eyes checked again so that your optometrist recognizes exactly what you need.

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

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