

# One Source of Workplace Stress?



Computers. For most of us, it's hard to remember how we ever got our job done without them. More than 143 million Americans use a computer at work every day. And if you spend more than two hours a day in front of a computer, you could be among the estimated 125 million people suffering from Computer Vision Syndrome or CVS.

## Computer Vision Syndrome (CVS)

CVS is caused by the eye constantly focusing and re-focusing on the characters on a computer screen.

As a result, you may experience symptoms that include:

- ▶ Headache
- ▶ Loss of Focus
- ▶ Burning/Tired Eyes
- ▶ Blurred Vision
- ▶ Shoulder/Back Aches

## The Real Solution to CVS

If you think you may have Computer Vision Syndrome, call our office and make an appointment today. If you do, we can prescribe specialized Computer Eyeglasses that will give you optimal vision for computer work and help make your workday more comfortable and productive.

## Minimizing Computer Eye Strain

Making some changes in how you work at a computer can help reduce eye strain

- ▶ Eliminate exterior light from entering your workspace by closing drapes or blinds. Reduce interior lighting. Position your monitor so that windows are to the side of it not in front or behind
- ▶ Minimize glare by installing a glare shield on your computer and having an anti-glare coating applied to your lenses
- ▶ Follow the "20-20-20 Rule". Every 20 minutes, look away from the computer screen and focus on an object 20 feet away for 20 seconds. Also, take a 10-minute break away from the computer every hour
- ▶ Adjust your monitor so it is positioned at or below eye level and your office chair so your legs can fit comfortably under the desk.

**NOTE: These changes, while helpful, do not address the underlying visual problem of CVS**

*Call our office for an appointment to determine if you have CVS and to learn what solutions we can provide.*

**Dr. Daniel L. Mason, Optometrist**  
**Bonita Point Family Optometry**  
746 Otay Lakes Rd., Chula Vista, CA 91910  
www.cvopt.com (619) 656-1081

***Vision Source!***<sup>®</sup>