

the Science of Sight

Office Routine Should Include Eye Care

by Dr. Howard Purcell 

(NAPSA)—In today's workplace, much of our time is spent staring at computer screens. And this poses special problems for those of us in the field of eye care.



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Computer users may suffer from a number of eye-related complaints, such as headaches, dry eyes, blurred vision and symptoms of eyestrain. There's even an ailment almost exclusively related to computer use called Computer Vision Syndrome.

One problem of extended computer use is that we don't blink often enough. Normally we blink 15 to 20 times a minute. Because we often concentrate or stare at what's on-screen, we blink less often, which can lead to eye irritation and dryness.

Computer users need to take occasional breaks for a brief period—10 minutes for every hour of use—to refresh the eyes. Looking out a window or at a long distance will help to relax the eyes' focusing muscle. Give your eyes a rest.

Correct lighting is also important in the office. Reducing ambient lighting can help cut glare—as can a screen glare reduction filter. Another simple fix...clean your screen regularly.

Computers are an integral part of our lives. See your Eye Care Professional for a routine eye exam to ensure your vision stays online. You may also visit www.acuvue.com for additional information about eye care.

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Note to Editors: This is the 6th in a series of 12.