

# Health Trends

## Survey: Prolonged Computer Use A Concern

(NAPSA)—A national survey reveals nearly two-thirds (61 percent) of Americans are concerned about vision problems caused by prolonged computer use. The new survey, for the American Optometric Association (AOA), also found that the public believes this eye condition, called Computer Vision Syndrome (CVS), is a major vision problem and 64 percent believe it will worsen in the future.

“The AOA and the Federal Occupational Safety and Health Administration (OSHA) have recognized Computer Vision Syndrome as a legitimate occupational problem associated with prolonged computer use in the workplace—one that is far more common than Carpal Tunnel Syndrome complaints,” says James E. Sheedy, O.D., Ph.D., associate professor of optometry at Ohio State University. Approximately one in five people will suffer from Carpal Tunnel Syndrome, whereas seven of 10 will experience the symptoms of CVS.

The survey, conducted by Opinion Research Corporation, and in partnership with the CVS Information Center and the newly launched website [www.cvseyeinfo.com](http://www.cvseyeinfo.com), was designed to examine current consumer opinion on vision, computers and the workplace. The results show that most people believe that CVS symptoms—which range from eye dryness, burning and irritation to blurred vision and eye strain—resulting from spending three or more hours a day working on a computer, can have a far reaching impact.

Since today nine of 10 children ages 12 to 19 use computers, parents are highly concerned about possible vision-related problems.



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Nearly two-thirds (62 percent) of those queried believe that CVS could negatively affect the eyes of youngsters and young adults.

More than two-thirds (67 percent) of respondents also thought that routine activities like driving home from work could be affected by Computer Vision Syndrome.

According to Dr. Sheedy, these concerns are not unfounded. “Not surprisingly, parents do worry about the many consecutive hours that children spend staring at the computer screen, not blinking, and therefore, provoking eye irritation.

“Considering that nearly 175 million Americans (66 percent) use computers, the number of people who experience CVS symptoms is staggering,” states Dr. Sheedy. “Fortunately, there are simple solutions available to consumers, from adjusting your computer screen, to computer glasses, to new over-the-counter lubricating eye drops that specifically treat this malady.”

For more information, visit [www.cvseyeinfo.com](http://www.cvseyeinfo.com).