



# spotlight on health

## Your Workday Doesn't Have to be a Headache

by Dr. Rodney Tahran, O.D., F.A.A.O. (NAPSA)—Is work stressing you out? If so, you're not alone. According to a Princeton Survey



Dr. Tahran

Research Associates report, three-fourths of employees believe workers have more on-the-job stress now than a generation ago. Of the many causes of stress in the workplace, some—such as tight deadlines or a demanding boss—may be out of your control. But there is something you can do about the way certain features of the modern workplace—from your computer to overhead lighting—contribute to overall stress. When it comes to eyestrain and headaches, taking simple eye care precautions can make a big difference at the end of the workday.

### Glaring Errors

According to a recent poll, nearly seven out of ten Americans use a computer at work, and computer use in the workplace will inevitably rise. What many people may not realize is that at the end of a long day in front of a computer screen or beneath overhead lighting, the glare caused by these commonplace office set-ups can result in eyestrain, headaches and contribute to stress.

When outside light from a window or light from your desk lamp bounces off of your computer screen, the resulting glare can lead to tired eyes. Positioning your computer screen perpendicular to the window and away from any desk lamps, or adjusting your screen's brightness and contrast can help reduce eye fatigue. Glare-reducing monitor screens may also help reduce eye fatigue.

For eyeglass wearers, the overhead lighting common in offices

becomes a problem when light bounces off the surface of your eyeglass lenses instead of passing through, compromising your vision and contributing to eyestrain and headaches. The cutting-edge technology in today's non-glare lenses, such as Crizal, can help restore your crystal-clear vision and prevent this kind of daily fatigue. Outside the office, Crizal lenses also reduce the effects of glare during night driving, reading or other daily activities.

As an optometrist, I recommend anti-reflective lenses like Crizal to help reduce the effects of glare. More and more people are spending several hours in front of their office computers each day and, as a result, are complaining of eyestrain. Crizal lenses are the most widely prescribed non-glare eyeglass lenses in the world and help to alleviate the effects of glare and have the added benefit of scratch resistance on both sides of the lens to protect against the surface damage that can also cloud vision.

### Computer Comfort

While the glare from your computer screen can be a major contributor to eyestrain and workplace headaches, extensive computer use can produce other forms of tension that can lead to muscle soreness and ultimately to headaches as well. These simple tips can help improve the way you feel after spending hours in front of the computer in the office, or at home:

- Practice good posture. If your chin juts forward when you work at the computer, you need to adjust the way you sit as pressure on the joints in the back of your neck can lead to soreness. These days most office chairs are adjustable, so adjust the position

so that it provides ample back support and comfort.

- Give it a rest. Sitting for prolonged periods of time can be hard on your back, so get up, take a walk around the office, stretch, get a glass of water—anything to get you out of your seat. Besides, taking a mini-break from your computer every half hour or so will give you a chance to refresh and will make a world of difference in reducing stress at work.

- A pain in the neck. Holding the telephone for extended periods using your chin to stay hands-free can strain your neck, so keep the phone in your hand—or if you really need both hands free, use a headset.

- Ask a professional. If you have tingling, numbness or pain in the hands or wrists, an ergonomic keyboard or wrist rest may help. If those conditions persist, you should see your physician. If you find you have tired eyes at the end of the day and wear eyeglasses, glare may be the culprit. Ask your eye care professional about reducing the effects of glare with Crizal non-glare lenses.

For more information on how eye care products can help you feel better and offer you crystal-clear vision both in and out of the office, visit [www.crizal.com](http://www.crizal.com).

*Dr. Rodney Tahran is vice president of professional relations and clinical affairs for Essilor of America, Inc., and serves as an adjunct professor at the southern California College of Optometry. Dr. Tahran is co-chair of the Computer Vision Task Force of the Vision Council of America. He has served on the board of Prevent Blindness Florida, and is a member of the American Optometric Association, The Institute for Contact Lens Research and the Association for Research in Vision Ophthalmology.*