

LIBERTY OPHTHALMOLOGY

Computers & Eyes

There is no scientific evidence that computers cause permanent damage to the eye. Government testing has established that little or no radiation is emitted from a computer screen under normal conditions. Likewise, there is no evidence that computers cause cataracts or other eye damage even with prolonged exposure.

Can computers cause eye strain?

A variety of symptoms are associated with prolonged use of a computer terminal. Most patients experience dryness and itchiness of the eye as well as fatigue. Headaches and backaches may occur with a poorly designed work space.



Can eye strain be prevented?

Most computers are a little farther away than normal reading distance. Therefore, an adjustment in the design of your glasses may help. Many manufacturers have developed computer glasses. Lighting should be arranged to minimize glare and reflections on the screen. A glare screen can be placed over the terminal to cut reflections even further.



Periodic breaks are very important. You should stare off into the distance for about a minute or two about 4 or 5 times during the work day to prevent what is known as accommodative spasm. When we look close, our eyes have to accommodate to change focus. Prolonged accommodation can result in the eyes "locking in" at the closer distance. This can cause blurred vision in the distance as well as some headaches.

Another problem associated with computer eyes is the decrease in "blink rate" that is caused during near activities. This decrease can cause the eye to become dry and irritated. The use of an ocular lubricant will keep the ocular surface moist and clean. This reduces the red, watery and itchy symptoms that occur with computer use.

With proper work station design, use of ocular lubricants, periodic rest breaks and updating your glasses prescription, many of the ocular symptoms associated with computer use can be resolved.

For more information about eye problems related to computer use, please call Dr. Lothes at (614) 841-9300 to set up and examination and consultation.