Eye Health 101: an Eye for an Eye, a Pair of Glasses for your Eyes by Vincent Davis

Article published on February 15th 2012 | Health

People take advantage of these all-around devices to listen to music, watch videos, stay in touch with the latest trends and current affairs, reconnect with friends, shop online, and many more. Today, it is almost impossible to know anyone below the age of 20 who can't operate a desktop. But while basking in their computers' warm glow, people need to know its effects on their eyesight.

Computer eye strain has become a major concern. According to the American Optometric Association (AOA), 70 percent of Americans who use a computer on a daily basis experience computer vision syndrome (CVS)which happens when the eyes need to continuously reconcile with the texts and images on a computer screen, which is quite different from viewing a paper. This is because words and images on a screen are developed by combinations of pixels which are different from the contrast and definition of the printed ones.

The worse news about lengthened computer use is it lowers the overall quality of your eyesight. Inevitably, you may experience difficulty reading even printed texts. Some signs you are likely to experience include sensitivity to light, difficulty watching far objects, decline of night vision, and frequent migraines or headaches. Thankfully, there are ways to avoid computer strain from hurting your eyes any further.

Health specialists suggest that everyone should undertake regular and comprehensive eye exams to stop and/or treat vision problems caused by computers. Eye doctors will test your eyes for disorders and other conditions that may cause vision loss. Moreover, they will also evaluate your eye's health and prescribe contact lenses or eye glasses Vancouver residents put on to adjust refractive errors.

Eyeglasses Vancouver optometrists recommend aid millions of people around the world deal with poor vision. In contrast to contact lenses, eyeglasses can be put on and take off easily and don't need to be replaced every few weeks or months. Moreover, it doesn't need to be replaced regularly, which is quite beneficial. If you think about it, buying a box of contact lenses every now and then costs higher than a pair of prescription glasses.

Back in the days, Vancouver eyeglasses were considered nerdy or geeky. Today, geek is chic, and designer eyeglasses can quickly enhance any outfit. More significantly, eyeglasses can minimize your computer vision complications and help you see things in a better light.

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Article Keywords:

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