



# LEC EyeNews



## About the Author...



The world nowadays requires us to use the computer frequently to get news and information. The computer is also our main 'working tool' as majority of people are in occupations which require prolonged use of digital devices.

### WHAT IS COMPUTER VISION SYNDROME

Computer Vision Syndrome (CVS) is an eye condition related to prolonged computer, phone, tablet or digital gadget use. In addition, the person who has CVS may present with headache, eye strain, blurred vision, dry or irritated eye, difficulty focusing, fatigue, neck and shoulder pain.

Prolonged near work may stress the eye's focusing system. It makes the eyes easily tired and the feeling of strain or asthenopia. This is also one of the factors which contributes to the elongation of the eyeball especially in children and this can result in the development of myopia (short-sightedness). Unfortunately, most people are not aware of this problem.

### THE CAUSES OF CVS

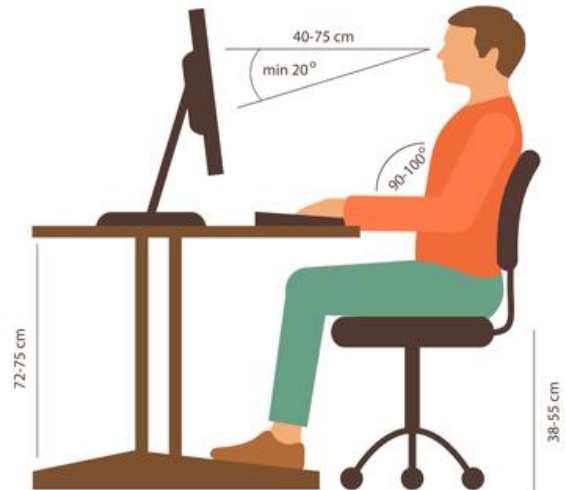
1. Poor lighting
2. Glare from the digital screen
3. Incorrect viewing distance
4. Poor sitting posture
5. Uncorrected vision problems
6. A combination of these

**Ms Aliah Binti Gulam Muzammil** is the optometrist of LEC who graduated from Universiti Teknologi Mara in 2014. She is trained to test and prescribe glasses or contact lenses to suite the patients' needs. She is also fully trained to prescribe contact lenses and is able to diagnose certain eye diseases such as cataract, glaucoma, squint eye problems and others.

## STEPS TO REDUCE THE TENDENCY OF HAVING CVS

There are certain steps which may be taken to change our visual behavior:

1. Good lighting is essential and the illumination should be diffuse. Therefore, it is recommended to have adequate light on the reading material (eg. Using an angle-poised lamp). However, the lighting must not be too bright which can create the contrast between the reading material and the screen. It is advisable to reposition the screen or monitor which can avoid glare especially from window.
2. Adjust the monitor or work space accordingly so that you can work comfortably. The computer screen needs to be position about an arm's length away (which is about 40 – 75 cm) and about 20 degrees below eye level. The screen brightness should be the same as the environment so it can minimize tiredness or eye strain.
3. Working distance – at least 40 cm for adults and 30 – 33 cm for children. Incorrect working distance can lead to eye strain and fatigue. In addition choosing an appropriate desk and chair also play a role to reduce the risk of having CVS.
4. Body posture is important to maintain a good working distance. Picture below shows the correct body posture, the viewing angle and working distance from the monitor.



5. Do not sit too close to the television and the recommended viewing distance is 180 – 245 cm. This will allow us to watch television comfortably and to prevent back or neck pain and ocular discomfort.
6. Proper corrective lenses – if a person has a refractive error, he needs the correct prescription to correct the refractive error. It is also good to have computer glasses especially blue coated glasses. That is the best choice for those who spend a lot of time in front of the computer as this will help reduce eye strain. It is therefore, vital to get your eyes tested properly by a qualified eye care professional like an optometrist or ophthalmologist to ensure the correct lenses are prescribed. This is even more important for children who may require testing with eyedrops (cycloplegic refraction).
7. Take a short break when performing any prolonged near work. Look up at a distance object as you turn each page and try to get this object in focus before beginning to read the next page. This technique can reduce the tendency of the focusing muscles to develop spasms. (A good rule to follow is the 20:20:20 rule

i.e. every 20 minutes, look at an object 20 feet away for 20 seconds).

8. Blinking is important which helps to moisturize your eye and reduces the risk of having dry eye. If you have dry eye, you can use eyedrops which act as a 'lubricant' for the eye.
9. Outdoor activities have been shown in studies to control the progression of myopia. During outdoor activities, the

eyes can be relaxed (and focused on distant objects) so this can prevent the focusing system from becoming too stressed or strained.

10. Regular visits to your eye care professional – an annual visit to get your eyes checked is like an annual visit to your family doctor for a general health checkup, it's just sensible and good practice.

## **30<sup>th</sup> Asia Pacific Association of Cataract & Refractive Surgeons, APACRS Annual Meeting 1<sup>st</sup> – 3<sup>rd</sup> June 2017**

This year's APACRS meeting was held in Hangzhou, China and Dato' Dr Y.C. Lee and Dr Lee Mun Wai were in attendance as usual.



Dato' Dr. Y.C. Lee chairing "Challenging Cases - Rocky Road Ahead (S5)"

Group photo of Dato' Dr. Y.C. Lee and APACRS members



Dr Lee presented a case in APACRS meeting and group photo LEC Team in Hangzhou

## ACTIVITIES OF LEC

### International Night Annual Dinner 2017

### Syuen Hotel 21<sup>st</sup> February 2017



Opening ceremony by our Chairman  
Dato' Dr. Y.C. Lee



10 finalists of 10 the Best Costume Award

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