

EYECARE UPDATE

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Protect Your Eyes you've only got two



Are computers bad for your eyes?

What do wood chips, tennis balls, drain cleaner, and ultra-violet light have in common? Answer—you don't want any of them in your eyes.

It's very easy to take your eyes for granted when you're out doing your normal chores around the house that haven't hurt your eyes *yet*. Sure the grass and pebbles fly all over when using the weed-eater, but it hasn't hit your eyes *yet*. And those wood chips from the chain saw or power saw haven't gone in your eyes *yet* either.

Safety specs—Wear em!



How about oven cleaner, drain cleaner, chemical paint or stain stripper, and paint chips while scraping paint? Still taking your chances not wearing eye protection with those too? And don't forget about bungee cords, they have been known to cause some

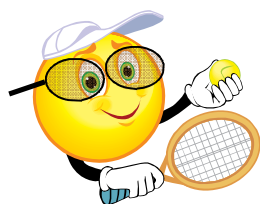
nasty eye injuries as well.

We used to just think of racquetball and boxing as the sports with risk eye injuries, but many other sports can cause eye injuries as well.



Whatever your sport – tennis, soccer, baseball, basketball, football, martial arts, etc. – it's important to protect the only two eyes you've got.

Many people have impact resistant polycarbonate lenses in their everyday eyeglasses, but strong lenses alone without a sturdy enough frame will not give adequate protection. A



sport frame or goggle is much stronger than any "dress" frame, and therefore offers far better protection to the eyes

and eyelids because there are no hinges or other parts that could break off, and potentially penetrate the eyes or lids.

So as it was said in the 80's by a certain television character, "Let's be careful out there." See end of article on p. 2 to find out who said that.

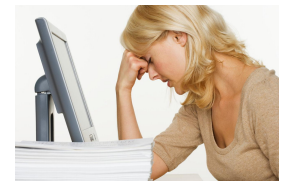
SUN (UV) PROTECTION



While tennis balls, pool chlorine, and bungee cords certainly pose a more obvious and immediate eye injury threat, years of ultraviolet light exposure can lead to cataracts, premature aging of the eyelids, and even skin cancer.

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Computers are not bad for your eyes, but they can cer-



tainly cause the discomfort of eye-strain. To reduce eye-strain your computer should be positioned so that the center of the screen is just below eye level. Your eyes should be at the level of the top of the monitor.

Sit in a comfortable height-adjustable chair with your feet flat on the floor. Your eyes should be only slightly less than arms' length from the screen (about 20").

Lined bifocals will generally not work well for seeing a desktop computer because it requires too much backward head tipping to see beneath the bifocal line, and therefore can often cause a stiff neck. Adding to the sore neck problem is the fact

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Just like sunscreen that protects your skin from sun damage and premature aging, a good pair of prescription polarized sunglasses will protect your eyes and eyelids from those harmful uv rays.



Beyond uv protection, sunglasses improve visual comfort for all your outdoor activities, and make driving safer by reducing squinting and eye fatigue. Polarized lenses not only dim the brightness, but they also dramatically reduce glare from the sun, particularly off reflective surfaces such as snow, water, or wet roads. When shopping for non-prescription sunglasses, be sure to check for optical quality distortion free lenses. Anything less could actually reduce visual clarity.

CARE FOR EYE INJURIES

FOREIGN PARTICLE

If a foreign particle gets into your eye, try getting it out by rinsing the eye with water, saline solution, or artificial tears. Eye rinsing cups and saline solution are readily available over-the-counter at any drug store, and are handy items to keep in your first aid cabinet. If you are unable to dislodge the particle, please call our office.

CHEMICAL SPLASH

Chemical splashes of paint thinner, bleach, or oven cleaner can cause very severe eye injuries, and require immediate and continuous flushing of the eye with water for at least 5-10 minutes. Hold your eye under the faucet or garden hose, or pour water from a pitcher into the eye. If you are unable to adequately flush the eye on your own, our office is equipped with an emergency eye wash station.

BLUNT TRAUMA

Injures from a ball or fist hitting the eye can result in abrasion, inflammation, blood filling the interior of the eye, or even retinal detachment. If there is any change in vision, new onset of floating spots or light flashes, or persistent pain, the eye should be thoroughly examined as soon as possible.

EMERGENCY CARE

Drs. Waterman, Ohlbaum, and Van Slyke are available for emergency treatment of eye injuries. While we prefer to see you during normal office hours, we do have an answering service for after hours emergencies for any current patient or family member.

Who said that?

Sgt. Phil Esterhaus
Hill Street Blues

Summer Sunglass Special

Featuring Gucci, Coach, Nine West, Nike, Vera Bradley, Kate Spade, Saks 5th Avenue, Liz Claiborne, Columbia

10% off Polarized Sunglasses

Must present this coupon at time of purchase. Offer expires 8/31/2011. Complete pair only, rx or non-rx, transitions lenses not included. Offer cannot be combined with other discount or insurance.

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that bifocals are typically made to focus at about 16", while our eyes are usually about 20-22" from the computer. A computer bifocal can be made by placing the line extra high, although this should not be worn to walk down stairs. Alternatively a bifocal can be made with the top part being focused for the computer, and the bottom stronger for reading fine print.

Trifocals have two lines which gives the user three zones for seeing distance, intermediate, and reading. While trifocals are usually better than bifocals for computer use, the middle band being only 7-8mm high can still be confining for some individuals.

Progressive lenses will typically work better for seeing a computer than lined bifocals, but for extended computer use, the relatively small intermediate zone is often too limiting for maximum visual efficiency and comfort.

Computer progressives give a much larger viewing area for seeing the computer and reading,

making them an excellent choice for office work. They will provide clear vision from about 11 inches to 10 feet away, so they are not suitable for driving.

Single vision computer lenses can be made for focus at your exact computer distance, but they will typically not allow you to see much further than the computer screen.

For people with mild degrees of nearsightedness (myopia), it may be easier to see the computer with

no glasses at all. This is frequently recommended for children and teens who may get progressively more nearsighted by wearing their distance glasses for reading and computer when it is often not necessary.

Bottom line—You don't need to avoid computer use to protect your eyes. Just make sure your computer is set up at the right distance and height, and that you have the correct prescription, and appropriate type of lenses.

