

Screen time triggers eye and vision problems

Digital eye strain presents with a number of symptoms. The most common are blurred vision, redness and dry, scratchy discomfort at the end of day. Others include headaches, diplopia, lack of concentration or progressive errors in math or problems reading. The common thread associated with these symptoms is excessive screen time. UnitedHealthcare routine vision products will bring patients to you on a regular basis to review these issues.

Excessive screen time will often be the trigger of underlying vision problems needing treatment. These include dry eye syndrome, meibomian gland dysfunction, uncorrected refractive error, presbyopia, convergence insufficiency, accommodative spasm or saccadic eye movement dysfunction.

In some cases, there is no underlying pathology or dysfunction. Simple advice, such as the 20/20/20 rule (every 20 minutes, look at a target 20 feet away for 20 seconds), moving the screen to 30 inches, or improving lighting and posture can help. Sometimes, separate computer glasses set for an ideal near focus, anti-reflective coating and a blue-blocking lens material will solve the problem.