

## FACILITIES AVAILABLE



Alcon Centurion Vision System,  
USA



Alcon Constellation Vision System,  
USA



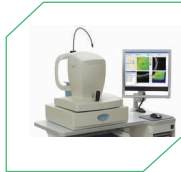
Zeiss Lumera - I operating microscope,  
Germany



Zeiss IOL Master,  
Germany



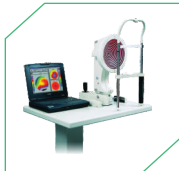
Fundus Camera By Topcon,  
Japan



Optical Coherence  
Tomography System (O.C.T.)  
by Optovue USA



Tomey Specular Microscope



Corneal Topography  
By Oculus



Green Laser  
Photocoagulator Gyc 1000,  
Nidek, Japan



Zeiss Humphrey Field Analyser HFA-3,  
Germany



Eylight Dry Eye Treatment,  
Italy



Alcon Verion



**KULKARNI EYE HOSPITAL**

Multispecialty Eye Hospital | Phaco Research and Training Centre

ISO 9001:2015 Certified



NABH ACCREDITED



WE CARE



Computer  
Vision  
Syndrome



**Dr. Anil Kulkarni Eye Hospital**

2/20, 21, Hiremath Plots, Near Vantamure Corner, Sangli Road,  
Miraj 416 410 Ph. 0233 2211566 / 2211666/ 9142211666  
email : ameya.lasers @gmail.com / anilkeye@gmail.com

**Miraj | Pune | Satara | Chiplun**

[www.dranilkulkarni.com](http://www.dranilkulkarni.com)

Phone : 0233-2211566/ 2211666. Mobile: 9142211666

# Computer Vision Syndrome

Computers have made our work simpler but have complicated our health, by introducing new problems. Tiredness of eyes, temporary weak vision, dry, irritated eyes, light sensitivity and muscular problems are common conditions caused by excessive computer use, and collectively known as Computer Vision Syndrome

Staring at a monitor for long hours is like doing continuous pushups of the focusing muscles, leading to burning and tired eyes. A dry environment and dehydration are two other culprits at the workplace that can worsen the problem. Also people often forget to blink when they are working on the computer.

Basic Steps to protect your eyes and ease the strain.

## Give your Muscles adequate rest

Look away from the computer screen every 10-15 minutes and focus for 5-10 minute break every hour.

## Adjust the light entering the Eyes

Glare screen filters, anti reflective coating on the lenses of glasses and proper lighting can reduce eyestrain and glare. Close drapes or blinds to decrease light and reflections from external light. Turn off bright overhead lights. Adjust the contrast between the background and the characters on the screen by adjusting the brightness on the computer screen.

## Avoid dehydration of eyes and body

Frequent blinking is necessary. Lubricating drops can also help. Drink a lot of water.

## Maintain proper posture.

Keep back straight and shoulders relaxed, adjust workstation and chair to the correct height. Consider investing in ergonomic furniture for proper screen locations and posture.

## Computer Glasses may help.

These are prescription glasses to be worn when working on a computer. Not only do they correct blurred vision, they also relieve symptoms caused by struggling to focus, such as headaches, eyestrain and tired eyes.

## Computer “Eyegonomics”

