

Better Access to Quality Eye Care

Nebraska's Doctors of Optometry

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Light from Electronics Adding to Digital Eye Strain Children and Adults at Risk – NOA Recommends 20-20-20 Rule March is Save Your Vision Month

LINCOLN, NE – During the month of March, the Nebraska Optometric Association is warning that overexposure to light emitted from smartphones, tablets and other hand-held devices could lead to serious eye conditions.

“Everywhere we look, we’re reading, shopping, banking, or being entertained online on digital devices small and large—at work, at school, at play, and on our way in-between,” said **Dr. Scott Reins, Nebraska Optometric Association President**.

According to the American Optometric Association’s (AOA) 2014 American Eye-Q[®] survey, 55 percent of adults use computers, smartphones, tablets or other hand-held devices for five or more hours a day. And a separate AOA survey showed that 83 percent of children between the ages of 10 and 17 use an electronic device for more than three hours a day.

“Digital use will continue to increase, making it more important than ever for consumers to make smart eye care choices and to see an eye doctor for yearly comprehensive eye exams,” Dr. Reins said.

Early research has shown that overexposure to high-energy, short-wavelength blue and violet light emitted from electronic devices may contribute to digital eye strain. Blue light could also increase the likelihood of developing serious eye conditions such as age-related macular degeneration.

In observance of Save Your Vision Month in March, the Nebraska Optometric Association recommends following the 20-20-20 rule to ward off digital eye strain – take a 20-second break every 20 minutes and view something 20 feet away.

“Although ongoing technology use doesn’t permanently damage vision, regular, lengthy use of technology may lead to a temporary condition called digital eye strain. Symptoms can include burning or tired eyes, headaches, fatigue, loss of focus, blurred vision, double vision or head and neck pain,” Dr. Reins said.

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“Comprehensive, yearly eye exams are one of the most important, preventive ways to preserve vision, and the only way to accurately assess eye health, diagnose an eye disorder or disease, and determine if you need corrective lenses,” Dr. Reins said.

To find a nearby doctor of optometry, or for additional information on eye health, please visit **BetterEyecareNebraska.com**.

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About the Nebraska Optometric Association (NOA):

The NOA represents over 240 doctors of optometry serving in more than 80 communities throughout the state. Doctors of Optometry (ODs) are the independent primary health care professionals for the eye. Optometrists examine, diagnose, treat, and manage disease, injuries, and disorders of the visual system, the eye, and associated structures as well as identify related systemic conditions affecting the eyes. Association members in Nebraska are also leading providers of pediatric vision care and offer two statewide public service programs to serve children. Learn more about both programs and other valuable eye care information on the Nebraska Optometric Association website at **www.BetterEyecareNebraska.com**