



## spotlight on health

### Eyes And The Workplace: Preventing Computer Vision Syndrome

by Rodney Tahran, O.D., F.A.A.O.  
(NAPS)—In today's digital society, 75 million Americans work at a computer for three



Dr. Tahran

hours or more each day. Because vision is the main motor skill involved in using a computer, that means 150 million tired eyes.

A survey of optometrists, conducted by the American Optometric Association, shows that 70 to 75 percent of computer users report eye and vision problems as their most frequent health-related problem. Symptoms such as headaches, blurry vision, sore and tired eyes, and neck and back pain from extensive computer use have been collectively called Computer Vision Syndrome (CVS).

While other factors may contribute to CVS, the first step for people who work on computers is to get a professional eye exam. Especially with today's smaller mobile computer devices, such as laptops, handheld devices and cell phones, computer use has become even more visually demanding.

It is important to tell your eye doctor that you use a computer daily. He or she needs to know if you experience symptoms of CVS. This all helps in providing a correct eye diagnosis.

The eye faces many challenges when someone works on a computer. It must constantly refocus between what is being typed and the computer screen. In addition, we tend to blink less while staring intently at the computer screen. The unusual contrast of a computer screen also can create subtle focusing problems for the eye.

When you go for an eye exam, give a detailed history of your symptoms, how you use a computer and the amount of time, the position you sit in and the distance from the computer screen.

Another important point to remember is the layout of your workspace, such as lighting, glare and ergonomic arrangement.

Eyeglasses are the simplest solution for CVS. Progressive lenses, such as Varilux® Panamic® lenses, provide comfortable, continuous vision at all distances for the 40-plus age group with presbyopia. Progressive lenses provide the best solution because they allow people to see clearly at any distance and angle. In addition, lenses treated with anti-reflective coating such as Crizal® can cut the glare from other sources that hinder seeing the computer screen clearly.

Even in minor cases of computer-related vision problems, current eyeglass lenses can help reduce eye fatigue, maintain good eyesight longer and, in turn, take care of the symptoms of CVS.

Maintaining an appropriate office environment is also important for preventing CVS. Some suggestions for maximizing your office space to maintain good eyesight include:

- Take short eye breaks by glancing around the room or looking at a window. The goal is not to focus on an object for a long period of time.

- Be aware of blinking and purposefully blink more while you work on a computer. Blinking lubricates the eye and prevents dryness.

- Position your monitor directly in front of you. Set monitor height so the top of the screen is approximately at forehead level. For large monitors (19 to 21 inches), keep the top of the document you are working on at about forehead level.

- Keep reference documents you are typing as close to the computer screen as possible. This reduces the amount of refocusing the eye must do from screen to document.

- Reduce glare from windows with blinds and position your

computer screen to reduce glare from overhead lights and task lighting. Limit reflections by removing reflective objects from your work area.

One thing to remember is that changing your office layout will only be a temporary solution if your eyesight is the real culprit. A professional eye exam will not only pick up symptoms of CVS, but it can also catch more serious problems, such as near-sightedness, far-sightedness, astigmatism and presbyopia.

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## Fashion FORECAST

### Seasonal Looks Stress Sunset Desert Colors

(NAPS)—This season's looks, according to one popular designer, take their cue from the vividly beautiful hues of nature.

Looks for men created for Polo Jeans Co. by Ralph Lauren feature a taste of the Southwest, some extremely rugged fabrics and details inspired by ranchers and the land they roam. Vivid spring looks for women are designed to make flowers bloom and heads turn.

For men, there's Modern Prep, in which new career goals and attitudes spell a classic look with clean logos, fresh colors and a slimmer silhouette. The button-down classic oxford looks new again in garment dyed, washed down fabrics like Carolina Blue, Pink and Cornmeal. Lightweight crewneck and turtleneck sweaters pair up nicely with khaki chinos and trenchcoats.

The Grand Canyon collection captures some of the excitement of a trip down the Colorado White Water Rapids. Knits are made with lightweight fibers that keep moisture away from the body.

Easily packable, these garments come in colors like Tahoe Navy, Raft Orange and River Blue. Shorts are cut to accommodate rugged rock climbing and hiking and outerwear is made of functional lightweight nylon with reflective details and bungee adjustable closures.

The Tex Mex collection takes its creative inspiration from the rugged, colorful wildlife and plant life of the Southwest. The knits come in washed down colors like Tumbleweed, Cactus Green and Sierra Red. Woven shirts come in lightweight fabrications with rich floral prints. Twill pants and shorts are reinforced with leather panels and closures, adding an authentic touch to the garments.

For women, there's Miami, influenced by the art deco, up beat, hip rhythm of Miami. The



Perfect seasonal style from the classic American designer.

indigo denim base is accented with bright, hot colors such as Pacific, Tangerine and Cyclamen, and can seem irresistible when paired with metallic gold leather.

Tahiti is inspired by a tropical South Pacific theme and features colors such as Lagoon and Hibiscus. Textural knits such as the crocheted halter sweater and stretch terry cloth cap sleeve shirt are playfully appealing.

While the influence of different cultures is apparent in these collections, all of these garments come together to create a look that is classic Ralph Lauren and uniquely American.

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## Top 5 Entertainment Choices

### The Associated Press

#### TELEVISION

1. "20/20-Wednesday," ABC.
2. "Who Wants to be a Millionaire-Friday," ABC.
3. "Who Wants to be a Millionaire-Tuesday," ABC.
4. "Everybody Loves Raymond," CBS.
5. (tie) "Dateline NBC-Tuesday," NBC.

5. (tie) "Fox NFL Sunday-postgame: Various Teams and Times," Fox.  
(From Nielsen Media Research)

#### FILMS

1. "The Musketeer," Universal.
2. "Two Can Play That Game," Screen Gems.
3. "Rock Star," Warner Bros.
4. "Jeepers Creepers," MGM.
5. "The Others," Dimension.

#### (From Exhibitor Relations Co.) SINGLES AND TRACKS

1. "I'm Real," Jennifer Lopez

(feat. Ja Rule). Epic.

2. "Fallin'," Alicia Keys. J.
3. "Where The Party At," Jagged Edge With Nelly. So So Def.
4. "Someone To Call My Lover," Janet. Virgin.
5. "Hit 'Em Up Style (Oops!)," Blu Cantrell. RedZone.  
(From Billboard magazine)

#### ALBUMS

1. "Aaliyah," Aaliyah. Background. (Platinum — certified sales of 1 million units)
2. "No More Drama," Mary J. Blige. MCA.
3. "Iowa," Slipknot. Roadrunner.
4. "Songs In A Minor," Alicia Keys. J. (Platinum)
5. "Now," Maxwell. Columbia/CRG.  
(From Billboard magazine)

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### Love for the Lost Drive

SGA will be collecting donations for the victims, their loved ones, and the NYC firefighters effected by the terrorist attack on the World Trade Center Twin Towers

The drive will be held September 24-29.

Show the victims, their loved ones, and the NYC firefighters how much you care.