

## **Your Optometrist Knows Your Eyes Inside and Out**

A Q&A with Dr. Lillian Linton, Canadian Optometrist and President Elect of the Canadian Association of Optometrists.

**Q. Dear Dr. Linton, I spend a lot of time working in front of the computer. My eyes have become dry and itchy, and very sensitive to the light in my office. Do you have any tips for me?**

**A.** You are not alone – on average Canadians are spending 7-8 hours a day in front of a digital screen, and this prolonged exposure is leading to an increased number of Canadians with various eye and vision problems. These eye problems often describe a condition called CVS or computer vision syndrome. Symptoms of CVS can include not only dry and itchy eyes and oversensitivity to bright light, but also headaches, eye strain and fatigue.

Try the "20-20-20 RULE" recommended by the Canadian Association of Optometrists. Every 20 minutes of screen time, take a 20 second break and focus your eyes on something 20 feet away.

Be computer smart and visit [www.opto.ca](http://www.opto.ca) for more helpful tips on how to take the sting out of computer use.

**Q. Dear Dr. Linton, I am 45 years old, and I don't remember the last time I had my eyes checked. How do I find an optometrist in my area?**

**A.** Optometrists are primary healthcare providers in eye and vision health and encourage comprehensive eye exams to help detect, minimize and treat eye and vision conditions. Many eye diseases have no symptoms and may go un-detected. Without identification and treatment certain conditions can lead to permanent vision impairment or vision loss .

Recent data by Canadian optometrists revealed that 40 per cent of Canadian Baby Boomers, aged 45 to 54 are reporting eye and vision complaints associated with prolonged use of digital screens, including eye strain and headaches. Considering you fall into this age range, it's important that you have your eyes checked regularly.

By visiting [www.opto.ca](http://www.opto.ca) you will be able to find an optometrist in your area.