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Frequently asked questions about Computer Vision Syndrome

What is Computer Vision Syndrome (CVS)?

CVS is a modern-day syndrome as computers have become an integral part of everyday life in both work and leisure. This is a condition of the eyes after prolonged and daily occupation on a computer monitor, laptop, mobile phone, tablet etc.

What symptoms does CVS have?

The most common symptoms are: feeling of dry eye, burning sensation in the eyes, redness of eyes, blurred vision, pericardial pain, dizziness, diplopia, fatigue and headaches.

These may be all together or separately to a different extent.

Their intensity depends on the temperament of the patient, the hours of screening, environmental conditions and the co-existence of other ophthalmic and non-ocular conditions.

Is there CVS treatment?

CNS treatment is multifactorial. Some preventive measures are:

- Frequent breaks of a few seconds from work on screen. This helps ophthalmic muscles relax by adapting to nearby work. Practically every 20 minutes you can look for about half a minute away from the screen (eg out of the window).
- Sufficient hours of continuous night sleep (at least 8) also help to relax the eye muscles.
- Select settings on the computer / tablet (eg eye comfort, night shift) so that the screen limits the 'blue light' it emits, especially in the evenings.
- Frequent use of artificial tears helps reinforce natural tear film and fight dry eye symptoms. This is important because when we fasten on a screen the eyelids open up more sparse and the tears evaporate to a greater extent.
- Try if you can reduce the hours you are on a screen.



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Do I have to put glasses on the computer?

The first step in fighting CVS is to check an ophthalmologist for a possible refractive error (myopia, astigmatism, hyperopia, presbyopia).
If this is found, the use of appropriate eyewear will help catalytically reduce symptoms.

Is there anything else that would help me?

CVS can be aggravated if other eye conditions that act aggravating such as blepharitis, allergic conjunctivitis, contact lens, dry eye, and others coexist. It is especially important that an ophthalmologist examine the diagnosis and treatment of these conditions so that CVS can be treated globally and effectively.

Also, environmental factors such as lighting, air conditioning, humidity, dust, body posture should be taken into account and appropriately adjusted to better address CVS.