



EYE CARE FOR COMPUTER PROFESSIONALS



Since your eyes work more than your computer...



E-strain What is it & how to prevent it

Did You Know?

- Eye consumes 78% of total nervous energy
- Working 8 hours on computer is equivalent to 2500 push-ups

Computers have become an important and integral part of our modern life. Most of us especially youth and software engineers spend upto 8-16 hours per day looking at the Computer Screen.

This has brought in a host of eye and vision related problems that are experienced due to extensive work on computers. These problems have been collectively termed as "Computer Vision Syndrome" (CVS).

Eye Symptoms of CVS include:

- Tiredness
- Sore eyes
- Eyestrain
- Dry eyes
- Red eyes
- Fatigue
- Repeated Headaches
- Burning in eyes
- Pain in and around the eyes
- Glare sensitivity
- Difficulties in Focusing
- Excessive tearing
- Contact lens discomfort
- Double Vision
- Periodic blurring of near and distance vision or both
- Changes in color perception

Also few may feel musculoskeletal symptoms like Neck ache, backache, wrist ache, shoulder/arm pain etc. Some may even experience feeling of Tension, Fatigue, Irritability and Nervousness.

Usually these symptoms are due to:

- 1.Improper posture.
- 2.Improper level of Computer screen (VDU), the keyboard placement and near-by illumination.
- 3.Improper blinking of eyes while viewing the VDU.

The Surya Eye Touch

At Surya Eye, there are no doctors or patients. All we have is a friendly ambience where you get a healing touch to solve your eye related problems. With an award winning team of eye care specialists & world's best equipments, there's just no ailment that can escape our eyes.

All this has been possible because right from its inception more than two decades ago, it was not a hospital but a dream of Dr Vinod R Goyal...a mission committed to your vision.

Being the first eye care centre to be awarded ISO 9000 : 2001 Certification is just a result of our constant sight on quality. And our biggest milestone is undoubtedly the glow of happiness in your eyes.



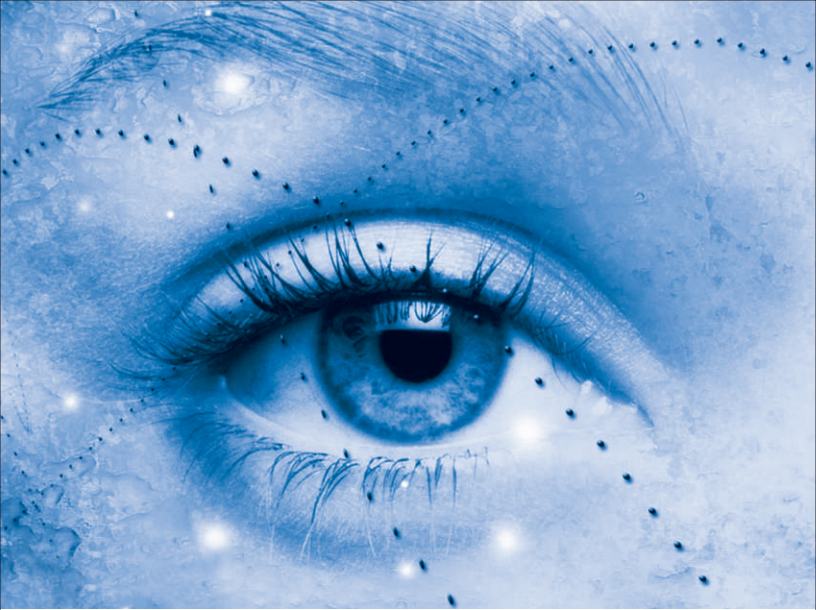
Why Surya Eye?

Surya Eye enjoys a reputation of pioneering Eyecare for Computer Professionals.


Simply because we have carefully researched and studied the wonder that is our eye, which is a major outflow of nervous energy in the long run, requiring our utmost attention and care.

At Surya Eye, we subject Computer professionals to a stringent regimen of tests to ascertain the depth of their eye problems, in order to effectively treat them. They are exposed to a visual acuity test, a test to understand their ability of deciphering colour, a depth perception test to evaluate spatial distances, a test for muscle balance, Tonometry to check eye pressure, Examination of the retina and the optic nerve and the complete evaluation of the anterior and posterior segment of their eye. On the basis of the results, glasses are prescribed to suit their individual requirements, thus ensuring a one-stop solution in a warm, caring and a professionally equipped environment. We also prescribe Anti-glare whenever required.

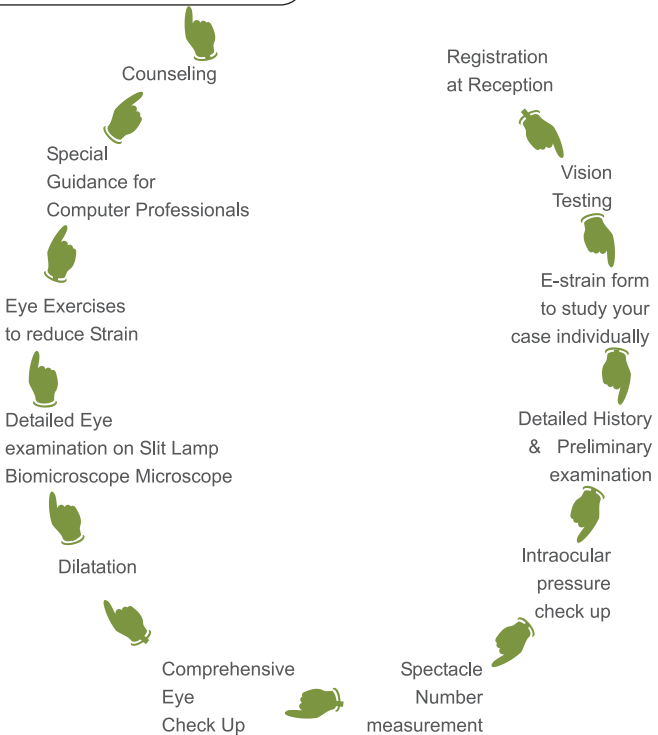
Surya Eye provides the necessary guidelines at how to beat E-strain caused by ever increasing use of computers in day to day life



Flow Chart For Computer Professionals

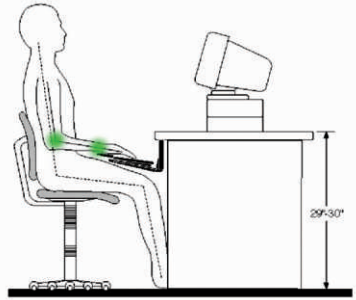


**Stress - free
Computer Professional**





Incorrect sitting posture



Correct sitting posture

10 ways to refrain from e-strain

- 1 Every 20 minutes, take a 20 second break. During the breaks, make sure not to do the same kind of work you were doing before.
- 2 Every fifteen minutes, focus on a distant object for 30 seconds to relax your eye muscles
- 3 Use a filter screen or anti glare glasses to reduce glare from your monitor
- 4 Eliminate excessive glare from overhead lighting
- 5 Remember to blink more often. Atleast 10-15 times a minute
- 6 Use artificial tears eye drops to help keep your eyes moist
- 7 Keep your computer monitor screen clean
- 8 Ensure your body posture is correct
- 9 See an eye specialist for professional advice if your problems still persist.
- 10 An exercise called 'palming' is very relaxing to the eyes. Palming also has a beneficial, relaxing effect on your nervous system. Palming can be done by closing your eyes and gently rotating your palms over your eyes in a circular fashion.

DR VINOD R GOYAL'S

simplifeyed
care

**SURYA EYE PROVIDES
16 SPECIALIZED EYE TREATMENTS UNDER
1 CARING ROOF**

Regular Eye Check-up • Comprehensive Eye Check-up
Cataract With Phaco (Laser) • Eye Care For Senior Citizens
Eye Care For Diabetics • LASIK - Laser Vision Correction
Eye Care For Computer Professionals • Eye Care For Children
Dedicated Glaucoma Clinic • Dedicated Contact Lens Clinic
Speciality Headache & Migraine Clinic • Squint Correction Clinic
Eye Trauma Care Centre • Complex Eye Problems Clinic
Vitreo-Retinal Clinic • Low Vision Aids (LVA) Clinic



SURYA EYE INSTITUTE & RESEARCH CENTRE

Mumbai's 1ST ISO 9001 : 2000 Eye Hospital, Certified By RWTUV Germany
104, Aroto House, P. K. Road, Saidham, Mulund (W), Mumbai- 400 080,
India. Tel.: 2592 2592 / 2591 7733 • Fax: 2565 3377
E-mail: care@suryaeye.com • Website: www.suryaeye.com

**For corporate tie-ups and complete eye check-up,
Call: 98337 37773 or sms 'SURYA' to 6161**