

You Might Get Cell Phone Eye Syndrome - Unless You Do 5 Things

No Kidding!

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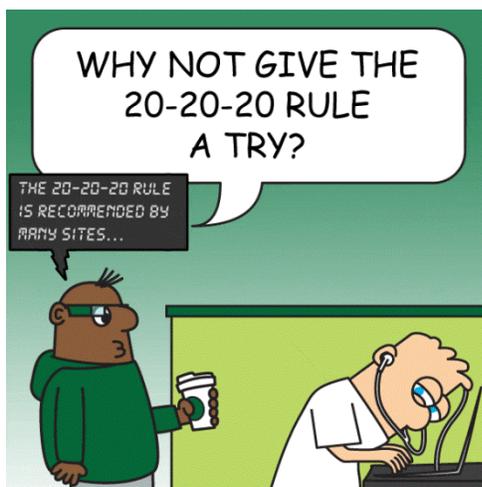
[ProCon](#) Community Contributor

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It seems that everyone is techno savvy in today's social media, status-update driven world. We all are constantly on our smart phones or personal computers. But little known is the damage being caused to our eyes. We are currently experiencing an epidemic in the deterioration of eye condition called "Computer or Cell Phone Eye Syndrome." People are in need of corrective lenses at earlier ages to be able to read their cell phones or computers, yet the reason is that they are spending too much time looking at the device screens! It's a vicious cycle!

I spoke with Dr. Ming Wang and he shared 5 ways to prevent Cell Phone Eye Syndrome.

Learn the "20-20-20" rule



1. Education: learn the “20-20-20” rule: i.e., after 20 minutes in front of your computer or cell phone, take a break for 20 seconds, and look away at a distant object that is at least 20 feet away (to allow your eyes’ accommodating muscle to relax).

Sun glasses



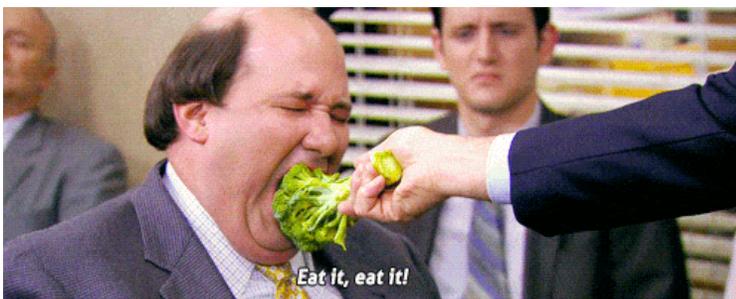
2. Sun glasses: ultraviolet light has been shown to accelerate the development of cataracts and macular degeneration, an age-related eye disease.

Eye Exercise



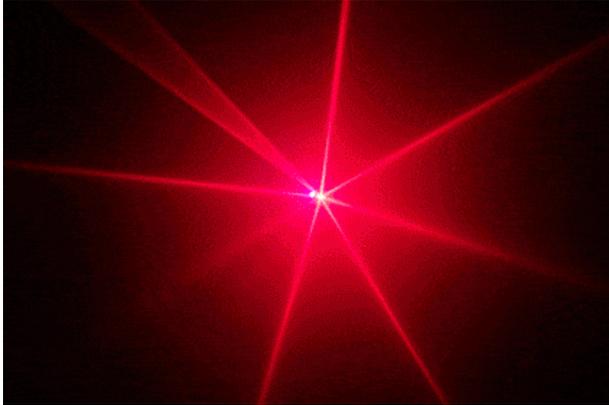
3. Exercise: just like you need to exercise your body on regular basis, you also need to exercise your eye-accommodating muscles as well, to keep them young!

Your grandmother was correct: eat your carrots!



4. Diet: green-leafed vegetables and carrots, so, your grandmother was correct: eat your carrots!

Modern laser vision procedures



- 5. Get your eyes fixed with modern laser vision procedures, so that your eye prescription is removed and the eye strain is thus reduced when you look at cell phones or computers for an extended period of time.