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Please do attend

FRIDAY - JUNE 22, 2007

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Medicare Mission to Baripada, Orissa

Hon'ble Speaker : PP Rtn. Dr. Vanita Gupta, HOD, Skin Dept., GMSH, Sec. 16, Chd.

Venue : Hotel President, Sector 26, Chandigarh

Time : 7.00 P.M.

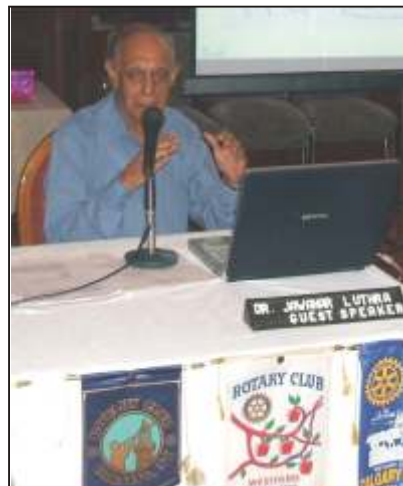
COMPUTER VISION SYNDROME AND ITS PREVENTION

Computer Vision Syndrome (CVS) is a very real eye problem that affects many people who spend long hours at the computer screen. This problem is preventable and who could have explained this to us better than our own Rtn. Dr. Jawahar Luthra, a leading Eye Surgeon, who in a club meeting on Friday, 15th June 2007 gave a very knowledgeable, useful and an impressive power point presentation. Though Dr. Luthra needed no introduction, but as a formality, Rtn. Atul Grover did the needful. Dr. Luthra was ably supported by Ann Indu Luthra who ensured that all Rotarians & spouses present in the meeting got a hard copy of the presentation.

diminish in intensity toward their edges. This makes it very difficult for our eyes to maintain focus and remain fixed onto these images.

Dr. Luthra gave some useful tips. He said we must take a break! Use the 20/20/20 rule for visual breaks from computer work: Take a 20-second break every 20 minutes, keep your eyes moving while looking at various objects at various distances. To prevent back and neck strain you should have a straight back rest seat, the center of your monitor should be about five to nine inches below your line of sight. In

other words, if you look straight ahead at your desk, you should be able to peer over the top of your monitor. Dr. Luthra advised to reduce glare. Avoid placing your computer in front of a window, as the difference in brightness from outside and your screen can strain your eyes. Also, make sure all windows have adjustable shades, so you can control the amount of light coming into the room. Adjust your monitor.



President Dr.V.J.S.Vohra makes an announcement, while Rtn.Atul Grover officiates as Secretary, exactly two weeks before he takes over this assignment! On the right, Rtn Dr. Jawahar Luthra gives a power point presentation on Computer Vision Syndrome

CVS is caused by our eyes and brain reacting differently to characters on the screen than they do to printed characters. Our eyes have little problem focusing on most printed material, which is characterized by dense black characters with well-defined edges. Healthy eyes can easily maintain focus on the printed page. Characters on a computer screen, however, don't have this contrast or well-defined edges. These characters (pixels) are brightest at the center and

People blink about three times less frequently than normal when they are sitting in front of the computer. Infrequent blinking can cause dryness of eyes. Dr. Luthra prescribed regular blinking of eyes as very important remedy to overcome eye strain. Lowering the monitor can help. Looking downward means more of the eye surface is covered by the eyelid. Two other things also happen: the eyes unconsciously blink more, and they produce more lubrication.


The power point presentation given by Dr. Luthra is reproduced below for benefit of all the computer users:

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DEFINITION

It is a complex of eye and vision problem experienced by computer users in the course of their work. Computer Vision Syndrome (CVS) affects 70 to 75% of people who work on computer. Any one spending 2 hours or more a day on the computers is at the risk of CVS.

SYMPTOMS:-

1. Tired Red & Burning eyes:
2. Blurred vision / double vision
3. Light sensitivity
4. Headache / fatigue
5. Neck, shoulder & back pain

CAUSES:-

1. Working on computer and constantly looking at the monitor.
2. Improper work habits and poor work place condition.
3. Individual visual problems.
4. Computer glare and reflection.
5. Dry environment and dehydration worsened by air conditioned by moisture level of the room air.
6. Tendency to stare at the monitor results in decreased frequency to blink. Problem is worsened by air-conditioned environment by reducing moisture level of room air.
7. Working at computer is more visually demanding than reading printed documents.
8. Computer screens are made up of pixels or tiny dots and there is not distinct image for the eyes to focus on and they have to constantly focus and refocus to keep the image sharp.
9. Inadequate viewing distance
10. Poor work place conditions compound the problem. Glare and light reflection from the screen contribute to the symptoms, it can effect health of the workers and leads to decrease in the productivity.
11. Visual problems like uncorrected refractive errors, aggravate eye strains. This is more relevant in individuals over 40 years of age, when glass for reading work is required.

PREVENTION AND MANAGEMENT

Eye strain with computer use is an ever increasing problem. Some measures can be taken to reduce eyestrain.

1. Computer monitor should be 20 to 26" from the eyes and slightly below the horizontally level.
2. If too high. It would further worsen the dry eye because of incomplete blink.
3. When one is looking down at the monitor the blinks tend to be complete.
4. Keyboard should be 8 to 10" from the monitors and slightly below the elbow level.
5. We should sit at 90° angle.
6. Wrist should not be bent when typing.
7. An adjustable chair with full back support.
8. The workstation should be adjusted so that the reflection of the light sources, windows and doors on the screens are minimized.
9. Anti glare screens.
10. Large monitors with flat screen will decrease the eye strain.
11. Screen should be kept clean free of dust and smudges.

12. To prevent dry eye symptoms one should make conscious efforts on blinking more often. After every 20 minutes one should take a break and look away from the screen.
13. After 2 hours of work one should walk around for few minutes to give both body and eyes some rest.
14. People with refractive errors should use appropriate glasses.
15. Special computer glasses for people over 40 years of age.

STEPS TO REDUCING COMPUTER EYE STRAIN

1. Get a computer eye exam.
2. Use proper lighting.
3. Minimize glare.
4. Adjust the brightness of your computer screen.
5. Blink more often.
6. Exercise and stretch your eyes.
7. Take frequent breaks.
8. Modify your workstation.
9. Exercise even when sitting.



PP Col. A.J.S. Gill presenting a memento to Rtn. Dr. Jawahar Luthra



Punctuality award presented to PP Harish Sethi by Dr. Virendra Kumar, Emertus Fellow, PU, Chd

CONCLUSION

Computer Vision Syndrome affects millions of office workers, students and even retired people. You may not realize that the majority of the patients are included in those groups.

A little effort, planning and practice can serve the vision needs of those Computer users. In doing so, you will realize the satisfaction of being more efficient through ergonomically appropriate intervention.



Rtn. V.K. Jawa gets his birthday gift presented by Dr. Jawahar Luthra



Dr. Jawahar Luthra presents wedding anniversary gift to Rtn. R.S. Sihota

PP Col. A.J.S. Gill proposed vote of thanks and appreciated the useful & educative information provided by Dr. Jawahar Luthra.

--- President Dr. V.J.S. Vohra

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Laughter Channel



Mail

A man was in his front yard mowing grass when his neighbor, Bob, came out of the house and went straight to the mailbox. He opened it, looked inside, slammed it shut, and stormed back into his house.

A little later he came out of his house again, looking nervous, went to the mailbox, again opened it, and slammed it shut again.

Angrily, back into the house he went. As the man was getting ready to edge the lawn, here Bob came again, looking very heated up. He marched to the mailbox, opened it and then slammed it shut harder than ever. Puzzled by his actions, the man asked him, "Is something wrong?"

To which ferocious Bob replied, "There certainly is! My stupid computer keeps telling me I have mail!"

Tests for Heaven

Bob died and went to heaven. When he got to the pearly gate Saint Peter told him that new rules were in effect due to the advances in education on earth. In order to gain admittance a prospective heavenly soul must answer two questions:

1. Name two days of the week that begin with "T"
2. How many seconds are in a year?

Bob thought for a few minutes and answered...

1. The two days of the week that begin with "T" are Today and Tomorrow.
2. There are 12 seconds in a year.

Saint Peter said, "OK, I'll buy the Today and Tomorrow answer, even though it's not the answer I expected. But how did you get 12 seconds in a year?"

Bob replied, "Well, January 2nd, February 2nd, March 2nd, etc..."

Saint Peter lets him in without another word.

Missing Donkey

Having lost his donkey Bob, got down to his knees and started thanking God. A passerby saw him and asked, "Your donkey is missing; what are you thanking God for?" Bob replied "I am thanking Him for seeing to it that I wasn't riding the donkey at that time, otherwise I would have been missing too."

Taking Exams

Bob is appearing for his University final examination. He takes his seat in the examination hall, stares at the question paper for five minutes, and then in a fit of inspiration takes his shoes off and throws them out of the window. He then removes his cap and throws it away as well. His shirt, pants, socks and watch follow suit.

The invigilator, alarmed, approaches him and asks what is going on.

"Oye, I am only following the instructions yaar," he says, "it says here, 'Answer the following questions in brief'."

--- Rtn. J.S. CHOPRA

UPDATE YOUR ROSTER :

PP Rtn. D.P. Khandelia has since shifted to his new Residence at H.No. 564, Sector 33-B, Chandigarh-160020. His new residence telephone No. is 2646016. Please make note of this change.

Get Well Soon

Rtn. Ravinder Krishan was hospitalized in Silver Oaks, Mohali. We wish him a speedy recovery.



WEDDING ANNIVERSARY GREETINGS:

R'ann Dr. Bhawneet & Rtn. Dr. Arvind Goyal
R'ann Manjit & PP Rtn. Harish C. Sethi



PUNCTUALITY DRAW :

Won by PP Rtn. Harish C. Sethi

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