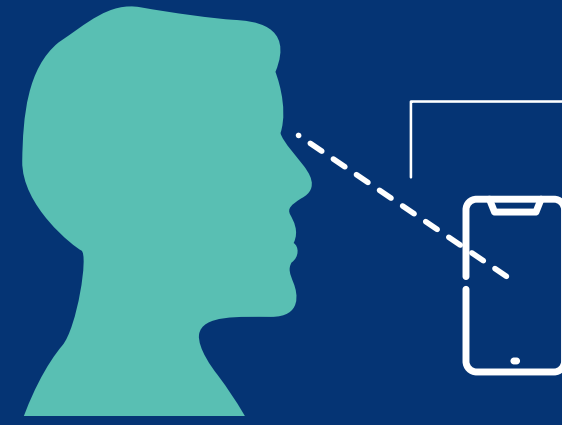


# VISION CHALLENGES IN TODAY'S DIGITAL WORLD

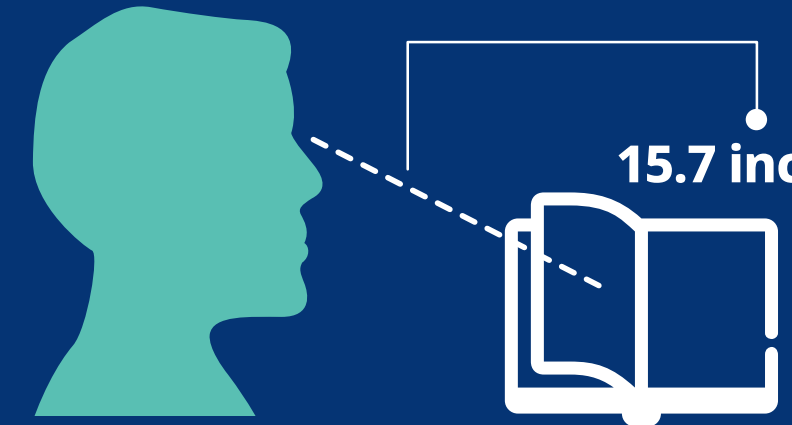
## THE ISSUE STARTS WITH SCREENS



**MULTIPLE SCREENS AT VARYING DISTANCES**



13 inches



15.7 inches

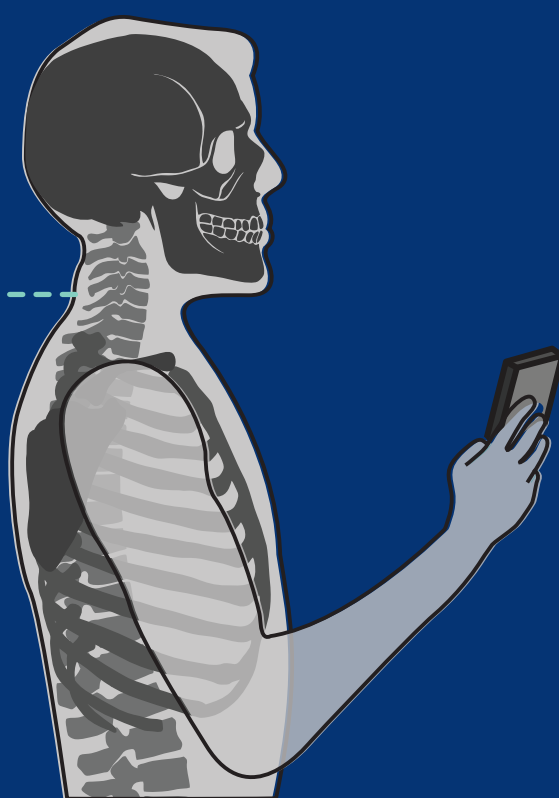
PHONES HELD **CLOSER THAN PRINTED TEXT**<sup>1</sup>

1. New postural behaviors related to the use of digital device involve new characteristics for occupational lenses. Damien Paillé, Jean Luc Perrin, Amandine Debieuvre. ARVO annual meeting 2015.

## OUR BODIES ARE IMPACTED

PHONE AND COMPUTER MONITOR USE REQUIRES **NECK FLEXION BEYOND 20-25°, AMPLIFYING CERVICAL SPINE LOAD**<sup>3</sup>

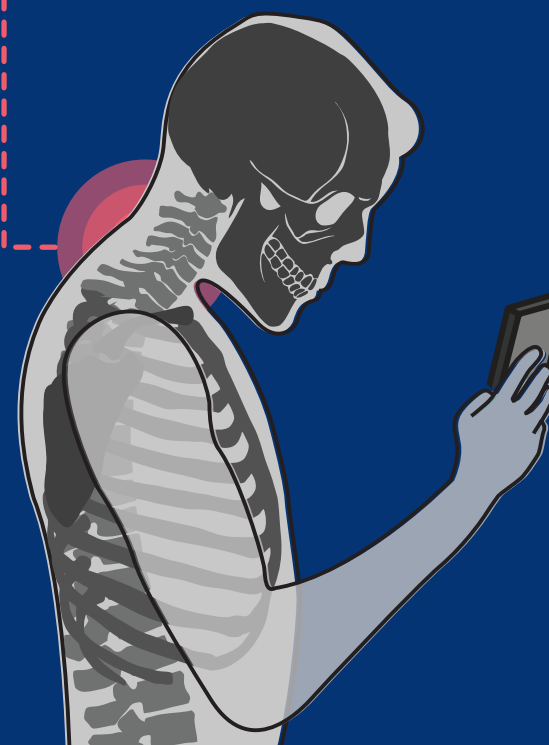
0 degrees  
10-12 lb.



30 degrees  
40 lb.



45 degrees  
49 lb.



**62% OF OFFICE WORKERS SUFFER FROM NECK & SHOULDER MUSCULOSKELETAL DISORDERS (MSD)**<sup>2</sup>

2. September 2019, Instituto de Biomecánica de Valencia. Literature review: "Comparison between static neck position and small movements during long-lasting visual display terminals (VDTs)."

## OVER TIME, OUR EYES ARE IMPACTED

**SWITCHING BETWEEN SCREENS WITH DECREASED ACCURACY OF EYE MOVEMENT CAUSES EXTRA EFFORT LEADING TO DISCOMFORT**<sup>3</sup>

3. Zargari Marandi R, Madeleine P, Omland G, Vuilleme N, Samani A (2018). Eye movement characteristics reflected fatigue development in both young and elderly individuals. Sci Rep.; 8:13148.

THESE ISSUES CAN BE EVEN MORE SEVERE **AMONG PRESBYOPES**

**TAKE CARE OF YOUR VISION**

**ROTATE TASKS**

**TAKE FREQUENT BREAKS**

**CHOOSE LENSES THAT PROVIDE POSTURAL FLEXIBILITY TO HELP ENABLE THE REDUCTION OF PROLONGED STATIC NECK POSTURES**



**THE RIGHT PROGRESSIVE LENSES CAN MAKE A DIFFERENCE**

**Ask us about Varilux® progressive lenses.**



Transitions™

Crizal®

VARILUX®

Eyezen™

XperioUV™