

The logo features the letters 'RSI' in a white diamond shape on a blue background, followed by the words 'Wellness Watch' in a large, white, sans-serif font with a blue outline. The background of the entire page is a gradient from red on the left to blue on the right.

RSI Wellness Watch



Vision Research Month-Protect your eyes!

The month of June is recognized as Vision Research Month. Be proactive and educate yourself on eye safety and vision loss prevention!

UV Rays & Your Eyes

There are two types of UV rays: UV-A and UV-B. Over time, the effects of UV rays can lead to a number of eye problems:

- **Macular Degeneration** is a leading cause of vision loss for older Americans. The initials AMD stand for a disorder called **age-related macular degeneration**. AMD is a disease that affects part of the back of the eye called the macula, the central part of the retina. This can cause the center part of your vision to become blurry or wavy. It could also cause a blind spot in the center of your vision.
- **A Cataract** is a clouding of the eye's natural lens, the part of the eye that focuses the light we see.
- **Pterygium** is a growth that begins on the white of the eye and may involve the cornea. Eventually, this growth may block vision. Individuals working outdoors are at a greater risk for developing this problem.
- **Skin Cancer** can develop around the eyelids.
- **Corneal Sunburn** (photokeratitis) can be very painful and may cause temporary vision loss. Extended periods on the beach or skiing without proper eye protection puts you at a greater risk because of the reflection off the water and snow.

You can protect your eyes from the sun by wearing proper eye protection and hats that block UV rays. Make certain your sunglasses reduce glare, filter out 99-100% of UV rays, protect your eyes, provide comfort, and do not distort colors.

Computers & Your Eyes

Fortunately, computer screens give off little or no harmful radiation. All levels of radiation from computer screens are below levels that can cause eye damage. However, some individuals might experience eyestrain from prolonged periods in front of the computer.

You can help prevent eyestrain by making your workspace more comfortable.

- Place your screen 20-26 inches away from your eyes and a little bit below eye level
- Use a document holder placed next to your computer screen to eliminate having to constantly change your eye focus.
- Change your lighting to lower glare and harsh reflections or use a glare filter.
- Get an adjustable chair
- Choose screens that can tilt and swivel.
- Choose an adjustable keyboard.

Proper eye care and complete eye examinations can help protect your eyesight for a lifetime. To learn more about protecting your vision, please visit The Vision Learning Center at <http://www.preventblindness.org>. Also, be sure to research your health insurance carrier for vision care options that may be available to you.