

HEALTH IS A LIGHT OF FUTURE

PROBLEM : Loose of eye sight due to working on digital computer screens

discription:

Digital eye strain is the term used for a variety of eye conditions and vision-related symptoms linked to the prolonged use of digital devices such as mobile phones, tablets and, computers. It is also known as computer vision syndrome and visual fatigue .

The following sections will briefly outline the public health implications of DES, what causes DES, its signs and symptoms, and some insights into its management and treatment. The rise of the digital age To understand the causes and symptoms of DES, we need to first look at how our growing dependency for digital devices is affecting us all. A recent report released in April 2021 found that there are currently 4.72 billion active internet users across the world, accounting for more than 60% of the global population. The same report also showed that an internet user between the ages of 16 and 64 years spent close to 7 hours each day online. This translates to an average person spending more than 40% of their waking hours on the internet.



We rely on the internet for many aspects of our lives nowadays, from searching for a cooking recipe to staying connected with friends and family through social media. Internet access is also easily available through a variety of digital devices, such as mobile phones, tablets, and computers. The need for the internet in our daily lives will no doubt increase our time spent on these digital devices. Moreover, this inevitable increase in digital device use affects people of all age groups across many developed and developing nations. Device use in the adult population .A study in the United Kingdom showed that adults over the age of 18 years spent an average of 4 hours 45 minutes a day on digital devices. Similar results were found in the United States where 67% of adults aged 30 years or older used their digital devices for 5 or more hours each day. The same US-based study also reported that even amongst those aged over 60 years

old, there has been an eagerness to adopt technology in their daily lives, with 37% of people in this age group spending 5 or more hours on a digital device daily



Device use in children. The rise in digital device use is also seen amongst the younger age groups. In the US, it was reported that 65% of children under the age of 18 years spent 2 or more hours on a digital device daily. Similarly, a study conducted on children from 4 European countries (England, Greece, Malta, and Luxemburg) reported that 68% of 3-year-olds were engaging in digital device screen-based activities for an hour each day. The rapid growth of digital device use seen over the past decade among people from all age groups may further increase their risk of developing DES.



How many people suffer from digital eye strain?

DES is a global problem that affects people of every age group, gender, and nationality. Digital eye strain in the adult population A US-based survey conducted on 10,000 adults found that

almost 3 in 4 American adults in their 20s reported symptoms of DES and more than 90% of those in their 30s are at risk of DES after spending 2 or more hours a day using digital devices .The report also found that more than 60% of adults in their 40s to 50s experience 1 or more symptoms of DES. Adults in their 60s were no exception, with more than 50% found to be experiencing symptoms of DES.

solution: To use dark colour spectacles while working on digital screens. Take hygienic foods(organic food which did not produced by using chemicals and pesticides).