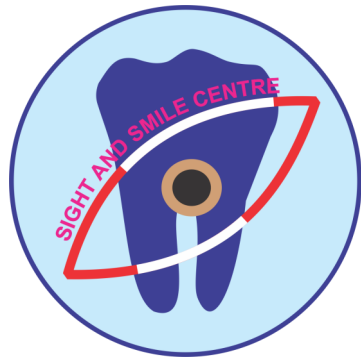


## About Sight and Smile Centre

Sight and Smile Centre is a state-of-the-art eye and dental care facility established in 2008 in the heart of the Indian capital, New Delhi with the aim of providing world-class healthcare services at affordable costs to all sections of society. Located in Central Delhi, 100 metres from the Patel Nagar Metro station (on the blue line of the Delhi Metro transit system), the facility is also easily approachable by road. Vehicle parking facility is available. Spread over an area of 7200 sq ft, the centre is fully air-conditioned and has an elevator facility for patient convenience. It complies with all fire safety regulations. The comforting ambience, the warm atmosphere and cleanliness make it stand apart. Medical records of patients are maintained for future reference. The facility prides itself in having a fully-equipped ultra-modern eye operation theatre, which is one of the largest in the city. The centre is registered with the Directorate of Health, Govt. of NCT of Delhi and functions from 9 am to 9 pm (Monday - Saturday). Emergency services can be availed round-the-clock. Dr. Pankaj Malik heads the eye department while Dr. Jyoti Malik heads the dental department. It is our constant endeavour to provide such preventive and restorative services to patients that they have the best of sight and smile.



**Website: [www.sightandsmilecentre.com](http://www.sightandsmilecentre.com)**

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# COMPUTER VISION SYNDROME

Digital eye strain



## The 20-20-20 rule

## What is computer vision syndrome?

Computer vision syndrome is a complex of eye and vision-related problems resulting from focusing the eyes on a computer display for protracted, uninterrupted periods of time. Some degree of computer vision syndrome is likely if one spends more than three hours a day in front of a computer screen.

## Genesis of computer vision syndrome

Computer vision syndrome is caused by a combination of:

- 1) **reduction in normal blink rate** on staring at a computer screen. This leads to dry eyes.
- 2) **eye strain as a result of fatigue of focusing muscles of the eye.**

## Symptoms of computer vision syndrome

- Eye strain.
- Blurred vision.
- Double vision.
- Burning sensation in eyes.
- Redness in eyes.
- Tired eyes.
- Dry and irritated eyes.
- Headache.
- Neck and shoulder pain.
- Backache.
- Vertigo / Dizziness.

## Treatment and avoidance tips

- Keep blinking voluntarily.
- **Follow the 20-20-20 rule: After every 20 minutes, look at least 20 feet away for 20 seconds to give rest to the eye muscles used in focusing.**
- Use a larger size font of text on a computer screen.
- Room lighting should be adequate.
- Maintain a distance of 16-24 inches from the computer screen.
- Adjust the height of the desk or chair such that the middle of the computer screen is about 20 degrees below the eye level.
- Artificial tears may be used for lubricating the eye surface.