

Your Child's Eye Health and Computer Vision Syndrome



DEPARTMENT
OF OPHTHALMOLOGY

RAK Hospital is concerned about the increasing of eye problems in children, such as dry eyes, eye strain (also known as computer vision syndrome), and induced myopia, all linked to excessive use of digital devices.

Digital devices have become an integral and unavoidable part of modern life. Many people spend 8 to 9 hours a day in front of screens for work and entertainment. Unfortunately, these devices have affected our ocular health the most, in addition to causing neck and back pain. Children are no exception to this growing issue.

Components of Computer Vision Syndrome:

- Dryness
- Burning Eyes
- Ocular Pain
- Headache
- Tired Eyes
- Light Sensitivity
- Headaches
- Increase in myopic error (spectacle power) in children
- Migraine Trigger
- Dizziness
- Scrolling Nausea



Preventive Measures:

- Moisturize your eyes at least twice a day with lubricating eye drops or as prescribed by your doctor

Please note: Lubricating eye drops do not have any side effects, and their frequency can be reduced once the tear film of the eye becomes stable and symptoms improve.

- Follow the 20-20-20 rule to prevent digital eye strain (look at an object 20 feet away for 20 seconds after every 20 minutes of screen use).



- The normal blink rate is 10-12 times per minute; do not forget to blink more often while using digital screens.
- Blue light from digital devices is a significant contributor to eye strain; wearing blue light filter glasses can help.
- Use of electronic devices without ambient surrounding light is completely discouraged.
- Encourage children and their parents to bond over real (not virtual) board games and puzzles to help break their addiction to digital devices and protect their eyes from damage, especially during the school vacation period.
- **Lighting:** Reduce glare by adjusting lighting conditions and using anti-glare screens.
- **Ergonomic Seating:** Use a comfortably padded chair with proper height adjustment to support good posture.
- Use the night shift and screen time features on your mobile phone to regulate the amount of light exposure.
- Avoid using the phone before sleeping, especially in the absence of ambient light.
- **Proper Screen Positioning:** Position your computer screen at eye level and 20 -28 inches away from your eyes.

Imbibing healthy viewing habits and regularly consulting your doctors are crucial in preventing or reducing the symptoms associated with Computer Vision Syndrome.



Dr. Archana Sood
Specialist and Head of
Department
MBBS, MS Ophthalmology



Dr. Munaf Al Hamada
Specialist Ophthalmology
MS Ophthalmology

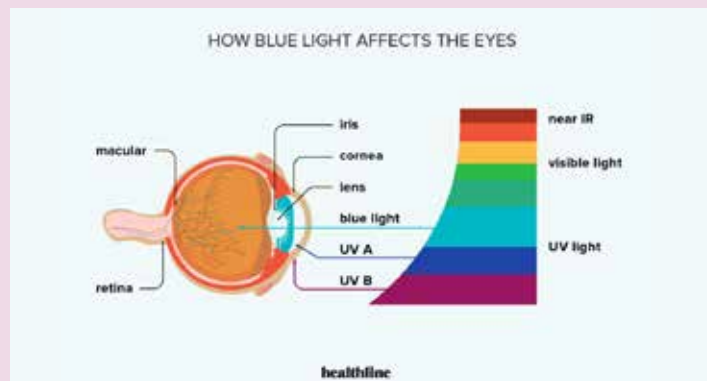
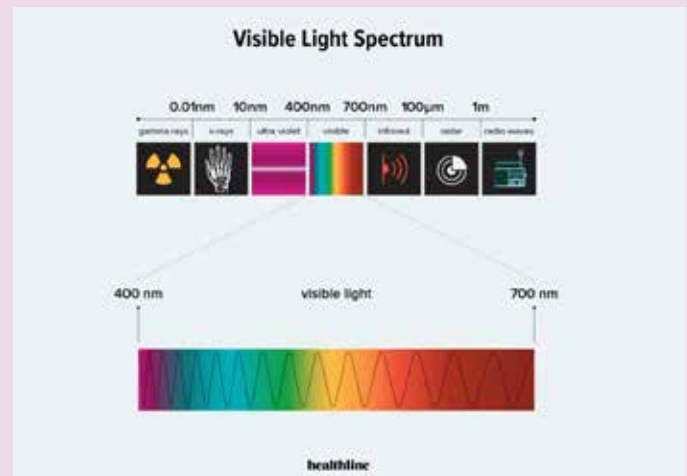


Dr. Brahim Abdellaoui
Specialist Ophthalmology
MBBS, MS Ophthalmology

Information about Blue Light

Blue light, is a short wavelength (450-495 nm) color wave of the visible light spectrum (400-700nm) which is in turn a part of the electromagnetic spectrum with gamma xray, uv rays infrared , radar and radio waves . Like other colors of visible light, blue light is all around us. The sun, fluorescent bulbs and incandescent bulbs, all emits blue light. But in recent times we are exposed to more blue light than ever because of the widespread use of devices that rely on light-emitting diode (LED) technology.

Computer and laptop screens ,cell phones, flat-screen televisions, and tablets all use LED technologies with high amounts of blue light.



Blue light scatters more easily than most other visible light. This may make it difficult for your eye to focus when receiving blue light. Instead, your eye may digest blue light as poorly focused visual static. The reduction in contrast may make it more difficult for your eye to process blue light, potentially contributing to eyestrain.

While current research indicates that blue light from computer screens and handheld devices probably does not pose a serious risk to your eyes, there may be association with retinal damage and disturbance in sleep cycles especially with exposures in evening and bedtime, apart from eye strain and tiredness of eyes .

News

RAK Hospital's Educative Session Highlights Multidisciplinary Approach to Diabetes Care



Ras Al Khaimah, UAE – September 19, 2024

As part of its ongoing commitment to education and community health, RAK Hospital hosted the fifth session of its DiaBeat Webinar series under the RAK Diabetes Challenge 2024. Titled “360 Degrees Diabetes Management Care,” this session featured valuable insights from Dr. Humam Ali, a specialist in internal medicine at RAK Hospital with a focus on diabetes care. Dr. Humam provided an in-depth analysis of the multifaceted approach necessary for effective diabetes management, emphasizing the importance of a collaborative healthcare model.

RAK Hospital Educates UAE Residents on Heart Health Risks Tied to Diabetes in Ongoing Diabetes Challenge 2024



UAE News 24/7 – October 29, 2024

RAK Hospital has continued its pioneering efforts in diabetes education and health promotion through the RAK Diabetes Challenge 2024, with a powerful new session on “Diabetes and Heart Health” led by Dr. Tarek Jarkas, Consultant, Interventional Cardiologist at RAK Hospital. Dr. Tarek provided critical insights into how diabetes accelerates heart disease risk, underscoring the necessity for preventive strategies to reduce cardiovascular complications in diabetic patients.

Events

Breast Cancer Awareness Health Event at RAK Hospital

The event focused on educating the community about breast health and raising awareness.



Breast Cancer Awareness Health Talk at Union Cement by Dr. Malgorzata Sinclair

The session provided key insights on early detection, risk factors, prevention, and the importance of regular screenings.



Breast Cancer Awareness Health event at Al Hamra Golf Club

The event focused on breast cancer prevention, early detection techniques, and the latest treatment options available.

Events



Breast Cancer Awareness Health Talk at RAKAA, by Dr. Fatima Attiya Al Hussai

The talk offered key insights on early detection, risk factors, prevention, and the importance of regular screenings.

Breast Cancer Awareness Health Talk at Rixos Bab Al Bahr by Dr. Malgorzata Sinclair

The session provided key insights on early detection, risk factors, prevention, and the importance of regular screenings.



Breast Cancer Awareness Health Talk at Delhi Private School by Dr. Faiza Nawaz

The session focused on breast cancer prevention, early detection techniques and the latest treatment options available.



Events

Health talk at RAK White Cement on Dengue & Monkeypox by Dr. Mugundan Guhan

The session focused on recognizing symptoms, prevention strategies, and treatment options for dengue and monkeypox.



Health talk at St. Mary's School on mental health by Ms. Zobia Amin

The session addressed mental health stigma, common challenges, and practical strategies for managing stress and anxiety.



Health talk at Julphar Pharmaceuticals on mental health by Dr. Hatem Sabry

The session addressed mental health stigma, discussed common challenges, and offered practical strategies for managing stress and anxiety.

Events

Pediatrics CME at InterContinental, Ras Al Khaimah, Mina Al Arab Resort & Spa

The event focused on Managing Childhood Illness and Advancement in Pediatric Care.



Urology CME at Radisson Resort Ras Al Khaimah Marjan Island

The event focused on Navigating BPH, Prostate Treatment, Stone Management, and Urinary Incontinence.



Promotions

No one should fight breast cancer alone. We stand with you.

EARLY DETECTION SAVES LIVES. AWARENESS. MONTH.

DEPARTMENT OF GYNECOLOGY & OBSTETRICS

For Appointments WhatsApp or Call: +971 7 207 4444

Do you know the signs of a Heart Problem?

Common Symptoms Include:

- Chest Pain
- Shortness of Breath
- Unusual Fatigue

Early Detection can save lives.

DEPARTMENT OF CARDIOLOGY & CVS

For Appointments WhatsApp or Call: +971 7 207 4444

STAY ACTIVE

MOVE MORE - YOUR HEART WILL THANK YOU

Anything that keeps you active is great for your heart!

DEPARTMENT OF CARDIOLOGY & CVS

For Appointments WhatsApp or Call: +971 7 207 4444

Mental Health Matters at Work: Let's Make it a Priority

WORLD MENTAL HEALTH DAY