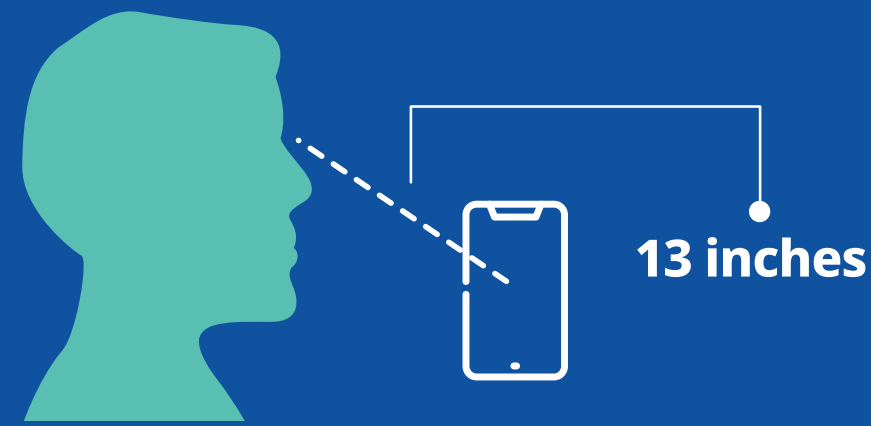


# VISION CHALLENGES IN TODAY'S DIGITAL WORLD

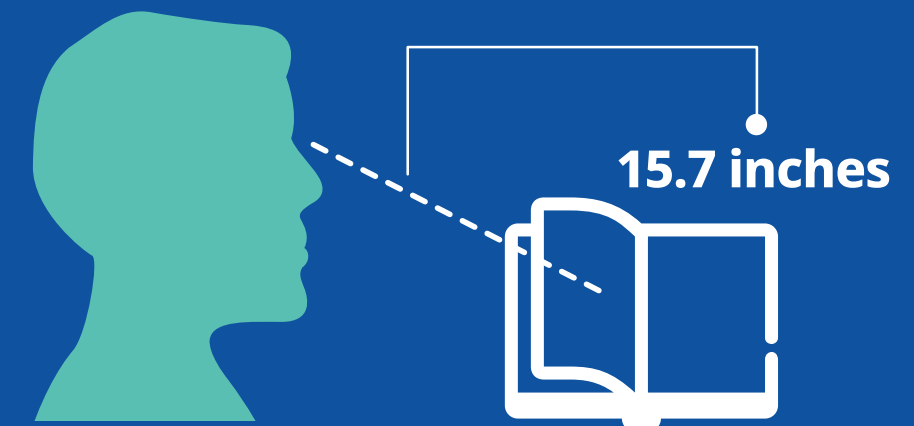
## THE ISSUE STARTS WITH SCREENS



**MULTIPLE  
SCREENS  
AT VARYING  
DISTANCES**



13 inches



15.7 inches

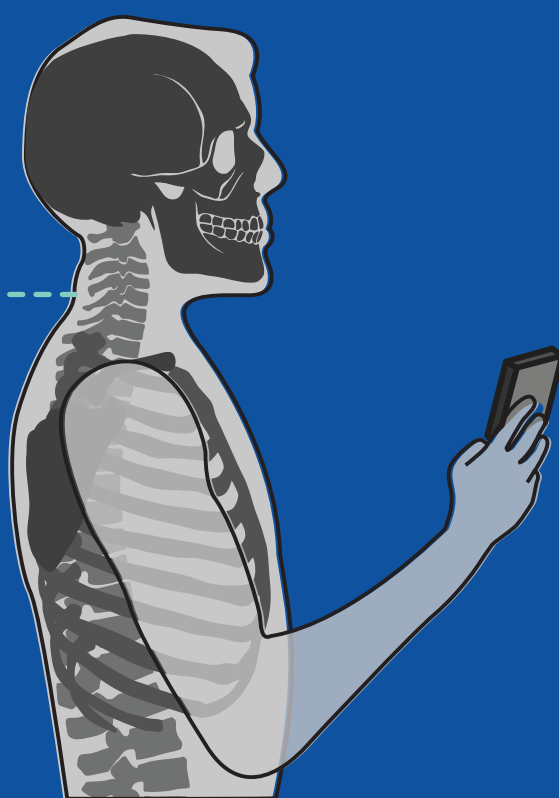
PHONES HELD **CLOSER THAN PRINTED TEXT**<sup>1</sup>

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.

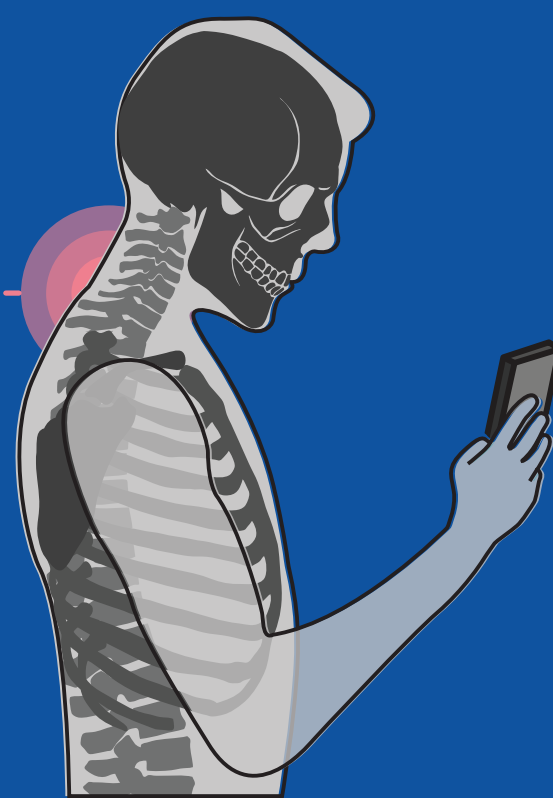
## OUR BODIES ARE IMPACTED

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

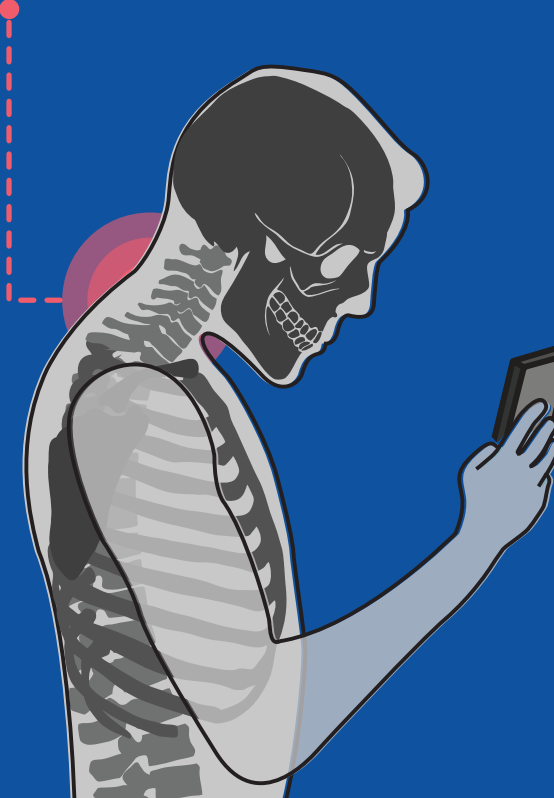
0 degrees  
10-12 lb.



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, Vuillerme N, Samani A (2018). Eye movement characteristics reflected fatigue development in both young and elderly individuals. Sci Rep.; 8:13148.

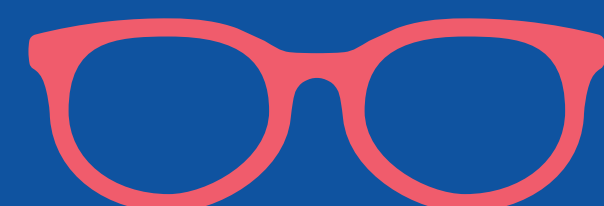
THESE ISSUES  
CAN BE EVEN  
MORE SEVERE  
**AMONG  
PRESBYOPES**

**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.

