

27th European

Ophthalmology Congress

November 26-28, 2018 | Dublin, Ireland

Eye protection options for PC operators and gadget users

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Background: Gadgets have become part of our life. Screens are sources of artificial light. Moreover, image in the displays are not appropriate for our eyesight system (question of contrast and quality images). There are several ways by which light from gadgets can affect users: optical system and non-image forming system. Notwithstanding, real impact on visual system by blue light wasn't approved, there are many solutions on the market (simple glasses, special filters and coats for lenses and special materials). In this investigation makes attempt to evaluate difference in individual feeling during applying distinct filters and glasses.

Methods: 15 people (30 emmetropic eyes) were asked to use different filters during working with gadgets and after 3 hours of work noted all benefits or disadvantages of every means. Special questionnaire was applied.

Results: 11 people noted softer vision at once, 2 persons did not feel any change and 2 had complains about discomfort during work. 5 from 11 people did not feel any difference between filters. 4 choose brown filters as the best option for work and 2 special materials with additional compounds.

Conclusion: Question about influence of artificial light on vision system is still opened. Although, market provides customers with several solutions, a medical approach to selection of correct filter does not exist. Therefore, investigation devoted to efficiency of filters should be continued.

Biography

Shekhovtsov Maksym is an Ophthalmologist, Paediatric Ophthalmologist, independent medical consultant Veko-Ukraine, ophthalmovideoblogger. He is member of working group for arranging optometry service in Ukraine. He performs optometry lectures and workshops for ophthalmologists, developed and perform special distant education course for personnel of optics. He devoted himself to popularization and development optometry in Ukraine.

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