

eye *Facts and Fancies*

A Quiz On How To Reduce Eye Strain

(NAPSA)—Taking this simple quiz may give you a new view on ways to reduce eye strain.

Questions

1. Symptoms of eye strain include a) seeing halos or rainbows around lights, b) a drooping eyelid, c) a burning sensation when you close your eyes.

2. Eye strain can be caused by a) sewing, b) computer work, c) driving.

3. Eye strain can be alleviated by a) taking a break every hour or so, b) wearing glasses with an anti-reflective (AR) coating, c) using eye drops.

4. AR coating helps drivers by a) letting people see your eyes, not your glasses, b) eliminating distracting reflections and ghost images, c) increasing the amount of light reaching your eyes.

5. People who may benefit from AR-coated lenses include a) drivers, b) aircraft pilots, c) computer users, d) photographers, e) attorneys, f) all of the above.

Answers

1. c. Other symptoms of eye strain would include eyes watering, eyelids twitching or an aching forehead. Should you experience a drooping eyelid or a burning sensation when your eyes are closed, consult your eyecare professional immediately.

2. a, b, c. In fact, just about any activity requiring a high amount of visual involvement may cause eye strain.

3. a, b, c. Worn in daylight and indoors, most spectacle wearers find AR coating makes objects appear crisper and brighter. In critical driving situations, more light means clearer, crisper vision.



Anti-reflective coating can help improve visual comfort by eliminating distracting reflections that contribute to eye strain.

This is particularly important at night when vision is already compromised. People who do a lot of computer work or reading find that AR-coated lenses help reduce eye strain and fatigue. The coating reduces glare and discomfort.

As a bonus, the lenses enhance appearance by eliminating distracting reflections. You see the wearer's eye, not their lenses, improving eye contact for better communication.

4. b, c. Research has demonstrated that under simulated night driving conditions, AR lenses enable drivers to see things on the road ahead by increasing the amount of light reaching the retina and eliminating distracting reflections.

5. f. AR coated lenses are beneficial for any person wearing glasses as the coating improves visual performance and comfort.

For a free brochure on anti-reflective lenses, write: AR Council, 8818 Windsor Terrace, Minneapolis, MN 55443; call toll-free 877-254-4477; e-mail arcouncil@aol.com; or visit the Web site at www.arcouncil.org.