



Shroff eye[®]
NEWS AND VIEWS
TIME

2021

IT IS TIME TO SEE BEYOND **20/20**

BLUE LIGHT BLOCKING ANTI FATIGUE GLASSES

Who needs it?

If one spends significant time in front of a screen daily, more so after sundown.

Why is it needed?

Gadgets like televisions, smartphones, laptops, and tablets emit the brighter, shorter-wavelength (more bluish) light which causes eye strain as well as affects the circadian rhythm (sleep cycle).

Is staring at a screen for hours each day bad?

The short answer? Absolutely.

Staring at anything close for long hours causes severe eye strain, since the eyes are meant for farming-hunting type of work for thousands of years. Not only do the eyes strain but there is a good chance that numbers can rapidly change in up to 40% of people till the age of 35.

Digital eye strain is "a group of vision-related problems that result from prolonged computer, tablet, e-reader and cell phone use, ranging from blurry vision and dry eyes, to headaches and neck pain. In some

it might cause damage to your retina – the innermost layer of your eye and increase the risk of macular degeneration"

So, which glasses should I use?

If you look at your phone after dark, have trouble falling asleep, are fatigued, then there is ample evidence that blue blocking filter might help.

Very few follow digital eye strain exercises – the 20-20-20 rule: every 20 minutes, look at something at least 20 feet away for 20 seconds. This helps break your focus from your screen, allowing your eye muscles to relax and keep off eye strain. However, this is not practical during a busy working day and one tends to forget to do this.

Here, anti- fatigue glasses (with correction of prescription for near work) help by also preventing frequently increasing/changing spectacle powers.

The key takeaway: Anti- fatigue prescription glasses for near work with blue block filters, even if you don't need glasses for distance, we believe is beneficial to use for digital devices.

INTRODUCING ...



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...to a whole new world*

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1 stop

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 Our Optical Store Services

Shroff Eye Opener[®] # 30

DO NOT rub your eyes with unclean hands or when you are outdoors and in public places. You could introduce infection or allergies.

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Estd. 1919

Real Stories. Real People.

"My eyes are in good health. I have just returned from a dip in the Dead Sea and the salt didn't affect my eyes at all.

Please let Dr Shroff know that he was great and I have been recommending him to everyone!:) I was completely put at ease by him and he was very open and honest about all the pros and cons of the various procedures and also about the cost. I also remember the funny conversations we had while he was doing my procedure which still makes me laugh. I trusted him because I felt like he was thinking about me and my eyes and putting all the cards clearly on the table. I also appreciate, since I live abroad, that all the costs were sent to me prior to my arriving and I was able to make a confirmed appointment well in advance because it made me feel like I would not be fleeced because I was not living in the country and it reinforced my faith that everything was above the table and enabled me to plan my trip accordingly."

"To start with, I am doing very well post the FEMTO LASIK I underwent at Shroff eye hospital in Feb. It's over 3 months and the post care routine has also come to an end almost. I thank Dr Anand Shroff from the bottom of my heart for such a successful treatment he bestowed on me. It's amazing to see the world without those spectacles and it's so good to hear from people that you look great without glasses. It's given me great confidence and the entire process has been very smooth. It was an experience of its kind. Doctor spoke to me throughout the procedure. Even when I lost focus on the laser beam he exactly knew how to handle the situation. He is really very kind. Dr. Safala too explained the complete post care and precautions to be taken with a lot of patience. It's a regular deal for the hospital to have patients undergoing lasik everyday but the rare thing I found about Shroff's is that they know 'eye' being an extremely delicate and sensitive organ, it's a big deal for the patients. Specialised care for every single patient is one of your biggest strengths. Please keep it going. I can blindly trust Dr. Shroff for any concern related to my eyes and proudly recommend to friends who want to undergo this procedure. I was actually in office within 5 days of rest post day of procedure and worked for over 9 hours and all eyeballs at the work place were like, "have you really undergone some surgery or are you kidding us!!" That is the quality you all are giving so I don't have anything except praises and thanks. Thanks again Dr. Anand Shroff, Dr. Safala and the entire team."

Eye Quote

EYES THAT
LOOK
ARE COMMON.

EYES THAT
SEE
ARE RARE!

Humour



Did You Know?

The new CORONAVIRUS behind the pandemic can also cause an eye infection called conjunctivitis in 1-3% of patients. Patients with red-eye must be inquired about recent traveling, cough, flu-like symptoms, fever, and history of similar symptoms in close contacts.

Connect with us now on WhatsApp for more information on our services / to schedule an appointment **BANDRA +91 8879189696 MARINE DRIVE +91 7718954077**



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Shroff Eye Hospital is India's first eye hospital to be accredited by JCI – Joint Commission International, USA for excellence in patient care and health care delivery since 2006

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