**VISION HEALTH – SCREEN HABITS**

**DR. WILLIAM WHITE, OPTOMETRIST, BAYLOR SCOTT & WHITE HEALTH**

{\*\*ON CAM\*\*}

YOUR SCREEN-TIME HABITS MAY BE IMPACTING YOUR EYE-HEALTH.

{\*\*TAKE VO\*\*}

TRT:

BAYLOR SCOTT & WHITE OPTOMETRIST DOCTOR WILLIAM WHITE SAYS SCREENS CAN HAVE AN IMPACT BOTH ON HOW YOUR EYES FEEL AND HOW THEY AGE. HE SAYS THAT SCREENS ARE ESPECIALLY TAXING ON THE EYES IN THE EVENING- BUT NO MATTER THE TIME OF DAY THERE ARE SOME GUIDELINES HE RECOMMENDS FOR KEEPING YOUR EYES HEALTHY.

{\*\*TAKE SOT\*\*}

TRT:

DR. WILLIAM WHITE

BAYLOR SCOTT & WHITE

“We have what we call the 20/20/20 rule, which is every 20 minutes, take about a 20 second break, look at something about 20 feet away. So, tend to break up that just staring up close and having your eyes converging and looking at near that lets them relax a little bit and it can help really prolong the amount of time that you can work comfortably up close.”

{\*\*ON CAM\*\*}

DR. WHITE ALSO SAYS MANY VISION PROBLEMS GO UNDETECTED IN THE BEGINNING BECAUSE THEY COME ON GRADUALLY. BUT REGULAR EYE EXAMS CAN HELP CATCH- AND REVERSE PROBLEMS- BEFORE THEY BECOME PERMANENT.