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break every twenty minutes and looking out into the distance for twenty seconds can help.Although it sounds a bit strange, we also forget to blink when doing computer work as we override our natural blink reflex. So consciously remembering to blink our eyes frequently does help reduce the blur. A humidifier at your desk can decrease the dryness due to heating and cooling systems.A warm compress for ten minutes followed by a lid cleaning toweliette recommended by an eye care professional, once a day, can also be of value in dry eye cases to address the underlying inflammation. Are eye drops helpful in reducing eye strain? This depends on the cause of the strain. If it is dry eye related, then eye drops can help, but there is a vast difference in quality between various brands. It is generally true that you get what you pay for. Drops that have no preservatives will cost more but are likely to cause less irritation. In more advanced cases, which often require more frequent dosing, the quality of the ingredients becomes even more critical.Its usually best to stay away from brands that promise instant redness reduction, as the chemicals in those drops can cause the redness to come back with greater intensity once the drops are discontinued. Besides, they usually work to mask the symptoms rather than address the root cause which is inflammation.There is no magic solution, and drops are only a part of effective treatment. Most dry eye involves an inflammatory condition called blepharitis that can be identified and treated by your eye care professional. There are also more serious conditions that need to be ruled out if a person is having other systemic signs or symptoms alongside dry eye-related eyestrain. How can one undo the eye damage caused by excessive exposure to LED screens? There is no concrete evidence to my knowledge at the moment that screens damage the eyes irreversibly in adults. However, just like anything else, abusing electronic devices via overuse can aggravate conditions such as dry eye.Our eyes werent designed to stare at a screen for 8 or more hours a day. As I tell my patients, you cant run a marathon every day and not expect your feet to be sore. What I try to do is minimize the negative effects by taking proper precautions.As I have mentioned, strain, blur, and dryness are the big issues related to electronic devices. Frequent breaks, blinking, humidifiers, and dry eye treatments are ways to improve symptoms related to electronic device usage. Are strained eyes a symptom of glaucoma? No, eyestrain on its own is generally not a common symptom of glaucoma. However, the most common form of glaucoma does not have any obvious signs or symptoms until a substantial amount of vision is lost.Approximately half of the people who have glaucoma remain undiagnosed. Therefore, even people with perfect eyesight not experiencing eye strain should have regular examinations, which not only check the vision but the health of their eyes as well.Another interesting fact is that about half of glaucoma patients never experience abnormally high eye pressure, so more advanced diagnostic tools need to be used to find the disease. Glaucoma is an area of interest of mine and is a particularly mysterious and fascinating condition.Although there is no cure for glaucoma, the technological advances in detection and treatment over the last couple of decades have been remarkable. Proper diagnosis can take multiple visits, and thats why establishing a baseline early on and comparing for changes over time (ideally while the patient is still healthy) can be extremely valuable. Eyestrain is a symptom which can be caused by various conditions and needs to be treated accordingly. While it can be commonly associated with fatigue, change in prescription, dryness, and overuse of electronic devices, a visit to an eye-care professional is key in determining the cause and treatment. The eye is one of the most complex parts of the body, and it has many dedicated subspecialties associated with it. Patients should avoid self-diagnosis or ignoring any concerns associated with their vision. Preventative care and early detection of disease are preferable as it results in better outcomes than when such actions are delayed. Was this article helpful?YES, THANKS!NOT REALLY Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy.

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