

# SAVE YOUR VISION



Smart phones, laptops, tablets and the other digital devices we use at work and on the go put information at our fingertips. They can also put a strain on our eyes.

During Save Your Vision Month, we want to remind you to be alert for symptoms of Computer Vision Syndrome: eye strain, dry eyes, headaches, fatigue, blurred vision and loss of focus. If you experience any of these signs, schedule an appointment at our office. We can suggest changes in your digital work habits or prescribe specialized eyeglasses that can improve your productivity, comfort and vision.

*Vision Source™*