

March 2018 >>>

*Happy Save Your Vision Month!  
We hope you are having a  
wonderful start to spring! Below we  
will look at how to preserve your  
eyesight!*



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## How to Save Your Vision

A lot of times, we think of glasses prescriptions, contact lense cleaner, and the optometrist's office when someone mentions eye health. These are all important components, but there are actually multiple ways you can be actively be involved in saving your vision!

One of the greatest dangers to our vision is the amount of exposure to blue light via various electronic devices: computers, cell phones, ipads, laptops, etc. Blue light can cause vision damage, sleep problems, and more. Some symptoms might include digital eye strain, dry eyes, blurred vision, eye irritation, neck and shoulder pain, and headaches.

So how can we prevent some of the damaging effects of blue light?

- 1) Practice the 20/20/20:  
Take a 20 second break from your device every 20 minutes by looking at something 20 feet away.
- 2) Encorporate other precautions:  
View your screen from at least 20 inches away and at a 15-20 degree tilt.
- 3) Decrease glare:  
Adjust your screen or use glare filter and blink often.
- 4) Step back:  
Zoom in and out to see the words better instead of holding the device closer to you.
- 5) Power down:  
Turn off devices at least 1 hr before bed.

In addition, get a full eye exam regularly. Sadly, good vision doesn't always mean healthy eyes. In fact, some diseases have no symptoms early on so get your eyes checked out by your eye doctor as a prevention mechanism!

We hope you learned a little bit on how to save your vision! Happy March!