



City of St. Charles
I L L I N O I S

Proclamation

Optique EyeCare Save Your Vision Month – Healthy Vision at the Computer

WHEREAS, The American Optometric Association has designated March as Save Your Vision Month. It specifically addresses the challenges faced by many who extensively use computers; and

WHEREAS, People who sit in front of computers for long periods of time often encounter a variety of uncomfortable symptoms. Headaches and neck strain are common but sadly the most prevalent symptoms from prolonged computer use are eye strain, blurry vision and dry eyes. In fact, vision problems are the most frequently reported health care problem among computer users; and

WHEREAS, These symptoms contribute to *Computer Vision Syndrome*, which the American Optometric Association defines as “the complex of eye and vision problems related to near work that is experienced during or related to computer work;” and

WHEREAS, Suggestions to alleviate *Computer Vision Syndrome* include having regular eye examinations and obtaining eye glasses that are specifically designed for the computer, resting the eyes, instilling artificial tears, arranging your work station properly; and

WHEREAS, In conclusion, heeding the suggestions made here along with those made by your optometrist will enable you to use your computer comfortably and productively.

NOW THEREFORE, I, Donald P. DeWitte, Mayor of the City of St. Charles, hereby proclaim March 2012 as “Save Your Vision Month – Healthy Vision at the Computer” in St. Charles and encourage all citizens to see your optometrist to ensure healthy vision for yourself and family.

SEAL:


Donald P. DeWitte, Mayor