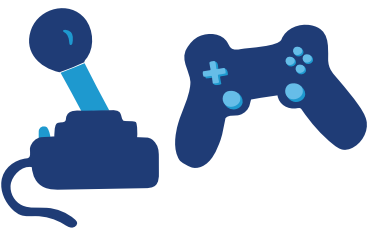


# VIDEO GAMES AND VISION: HOW HEALTHY EYES CAN HELP BEAT YOUR HIGH SCORE

**41%** OF AMERICANS **PLAY VIDEO GAMES** **4+ HOURS** A WEEK



Overexposure to digital screens can negatively impact eye health and cause digital eye strain.

## EXTENDED GAMING MAY RESULT IN



HEAD  
ACHES



BLURRY  
VISION



DRY  
EYES




Doctors of optometry can help patients take the first step toward healthier eyes with regular comprehensive exams.

## FOLLOW THE 20-20-20 RULE

Protect Yourself From Digital Eye Strain ▶



▶   
After 20 minutes  
of exposure

▶   
Take a  
20-second break

▶   
To view something  
20 feet away