

Are Your Eyes Ready for 3D TV?

As the Holiday Shopping Season approaches, many of you may consider purchasing a brand new 3D TV. Bringing the magic of 3D home will be brilliant for most, but for some, the visual experience of 3D TV may not be quite as expected.

We thought we'd offer some helpful advice to consider before you buy a 3D TV because bringing 3D into your home means you and your children will be exposed to much more 3D than you would if you just went to the movie theater for a few hours. In order to have a wonderful viewing experience, keep in mind the following:

- If you have an eye-turn, lazy eye or other untreated binocular vision problems you may experience nausea, headaches or eye strain while viewing 3D programming over an extended period of time, or may not even see the 3D effect at all.
- You can test drive the magic of 3D at your local electronics store, but it is also a good idea to have a comprehensive eye examination by one of our doctors to find out if extended 3D viewing is safe for you.
- Please refer to our recommendations for optimal 3D viewing distance in the table below.

If you have any questions about 3D TVs and your vision, feel free to ask one of our doctors; at: email@familyvisioncare.org.

TV SIZE (IN DIAGONAL INCHES)	RECOMMENDED 3D TV PROGRAMMING VIEWING DISTANCE
42"	7 feet
46"	8 feet
50"	9 feet
52"	9 to 10 feet
55"	10 to 11 feet
60"	12 to 13 feet
63"	13 to 14 feet