

High-Tech Classrooms

Classrooms around the country are becoming increasingly high-tech. Teachers will start to incorporate 3D imaging, digital devices and the latest computer applications into their daily curriculum.



Three-dimensional imaging allows for virtual tours of museums or views from inside the human heart. While these devices have already proven to greatly enhance learning, they also increase the importance of proper eye and vision care.

Not everyone can see in 3D. Adults and children have undiagnosed vision problems which can become more pronounced under stress. The American Optometric Association estimates anywhere from 3 to 9 million people have problems with binocular vision, prohibiting them from enjoying the benefits of 3D learning.

Rest assured, there is no evidence that 3D viewing or attempting to view 3D images will harm a person's eyes. In fact, 3D viewing provides entertainment and education, while helping to screen for vision problems that may affect reading, learning, sports and work performance.

How do you know if a vision problem is interfering with 3D viewing?

Watch for these signs and symptoms:

- Is the 3D viewing experience not as vivid as it is for others?
- Do you experience eyestrain or headaches during or after viewing?
- Do you feel nauseated or dizzy during or after viewing?
- Are you more comfortable viewing 2D TV or movies instead of 3D TV/movies?
- Is it difficult for your eyes to adjust back to normal after watching 3D TV/movies?

If you or a loved one have any of these signs or symptoms, schedule an appointment today— we can help!