

## Warming device for computer vision syndrome

Dear Editor,

I read with interest the article written by Bali *et al.*,<sup>1</sup> on computer vision syndrome, a study of the knowledge attitude practice in Indian ophthalmologists. I would like to congratulate the authors for coming out with a useful article on the most frequently encountered problem in current ophthalmic practice and also draw the attention of the readers to some important therapeutic trials that were published in this regard to help patients developing fatigue symptoms working with computers. Periocular warming was found to be associated with increase in accommodations, with concomitant improvement in near visual acuity.<sup>2</sup> This periocular warming is provided with an eyelid warming device which provides heat through chemical reaction of the iron powder inside it upon exposure to air. The thermal stimulus from periocular warming resulted in increased blood flow to the ocular region enhancing the parasympathetic driven responses in the ciliary muscle and the pupil, causing constriction thereby increasing the depth of focus. In this study 50% of eyes had an increase in the accommodation of amplitude of at least 0.5 diopter (D) immediately after application of the warming strips.<sup>2</sup> I also agree with the authors that there should be a grading system and treatment modalities standardized on this frequently encountered, but not well understood problem in general ophthalmology practice. This warming device can be an effective alternative to the current therapeutic modalities such as artificial tears, analgesics, topical nonsteroidal anti-inflammatory drugs followed by some to manage computer vision syndrome.

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### References

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2. Takahashi Y, Igaki M, Suzuki A, Takahashi G, Dogru M, Tsubota K. The effect of periocular warming on accommodation. *Ophthalmology* 2005;112:1113-8.