



Do you see in 3D?

It is becoming more common for entertainment to use 3D technology. There are more 3D viewing options on television, computers, movies, cell phones and video games. Your eyes are required to process images in new ways. 3D technology is starting to be used in many schools. This is creating new visual demands in the classroom. These changes lead to a new definition of "3D".

Discomfort eye strain created when the eyes have trouble working together as a team over long periods of time

Dizziness similar to feeling car sick, caused by poor eye alignment

Depth "disability" the inability to see 3D

Problems seeing 3D can be caused by eye conditions. The problem could be an out-of-date glasses prescription, lazy eye, focusing problems, or even a past head injury or concussion. Your eye doctor can determine the cause of the problem with a comprehensive eye exam. Your eye doctor can then work with you on a treatment plan. Both you and your child can have difficulty enjoying 3D.

Here are some questions to ask:

- > Do you get headaches or eye strain?
- > Do you feel nauseous or dizzy?
- > Do your eyes have trouble adjusting afterwards?
- > Is your experience less vivid than what other people seem to have?

3D is becoming more popular.

Treat the whole family to a comprehensive eye exam to be sure everyone can benefit from the 3D experience.

Talk to your eye doctor today to make sure you are getting the most out of the 3D experience.



¹ "Visual Issues in 3D Technology", Lecture Series by Dr. Leonard J. Press, Annual AOA Meeting, June 2012. www.pressvision.com

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