



## DO YOU SUFFER FROM COMPUTER VISION SYNDROME?

Computer Vision Syndrome (digital eyestrain) is a temporary condition resulting from focusing the eyes on a computer display or digital device for extended, uninterrupted periods of time.

Most people spend an average of 6 hours per day in front of a digital device and if more than 3 hours consists of continuous computer use, the risk of suffering from CVS rises exponentially. This results in a staggering 50% to 90% of computer users complaining about computer-related visual disturbances.

[Click here for symptoms & treatments.](#)

## STEP OUT IN STYLE



From May until September Brooklyn Optica is giving away a pair of Vogue or Ray-Ban sunglasses monthly, as well as a grand prize at the close of the competition. The grand prize - to the value of R20 000 - will include his and hers prescription eyewear, frames and eye tests, sponsored by SEIKO and Brooklyn Optica.

To enter, Like and Share the Brooklyn Optica Facebook page and complete the entry form at the competition tab or access the form [here](#).

### MEET OUR MAY WINNER! Congratulations to JACO OOSTHUIZEN



This could be **you!**

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Cash strapped?



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