

POSSIBLE

# EYE-STRAIN-INDUCED HEADACHE

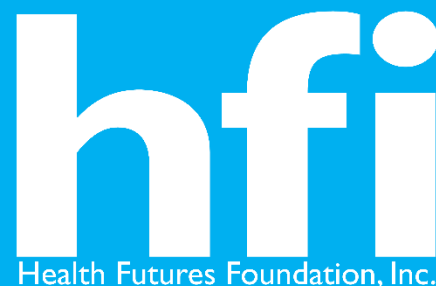
## Supportive Management

- Rest. Avoid physical activities that can make condition worse or increase level of pain. Avoid contact sports (e.g. basketball, soccer, boxing, martial arts) until symptoms improve.
- Avoid looking directly at bright lights.
- Improve lighting in the home or workplace, aiming to reduce glare. Eliminate excessive light by draping windows and turning on fewer light sources (e.g. fluorescent lights, light bulbs).
- Avoid reading or writing in a dim-lit room. Have a table lamp nearby, and let its soft light flash on the material being worked on. Also, take regular breaks to rest the eyes.
- Take 5-15 minute breaks from computer use every hour. Blink often.
- Use an anti-glare filter for computer screen.
- To reduce glare, computer in such a way that it does not face a window, nor is it behind a window.
- Set the computer below eye level and 1.5 – 2 feet away from eyes.
- Whenever taking breaks from close work (e.g. computer, reading, or gadget use), do eye exercises. Look at something 20 feet away for 20 seconds. Do this every 20 minutes. For more eye exercises to reduce eye strain, please visit the following link: <https://www.youtube.com/watch?v=W10j2fL0hy0>
- Limit use of computer, television, and gadgets.
- Use artificial tears for dry eyes.
- When driving long distances, use sunglasses that are anti-glare or those that block ultraviolet (UV) rays.
- Have 7-8 hours of restful sleep per night.

## Herbal Medicine

- **Cucumber**
  - Cool the cucumber in the refrigerator for 30 minutes. Cut it into thick slices. Apply externally to both eyes. Do this 1-2 times a day.
- **Bawang, Luya, and Siling Labuyo Oil**
  - Cool a medium-size potato in the refrigerator for 30 minutes. Cut it into thick slices. Apply externally to both eyes.

**Consult optometrist or ophthalmologist if blurring of vision persists despite the supportive management interventions.**



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