

October is Vision Awareness Month: Time to Tackle the Digital Eye Strain Epidemic

During Vision Awareness Month, VELA Medical urges Americans to fight digital eye strain with simple habits and regular eye check-ups.

TAMPA, FL, UNITED STATES, October 23, 2025 /EINPresswire.com/ -- October marks Vision Awareness Month in the United States — a timely reminder of the growing impact of Computer Vision Syndrome (CVS), also known as digital eye strain.

74% of Americans now report CVS symptoms with women especially affected (69% vs. 60% for men). In fact, more than half of Americans spend six or more hours daily on digital devices and increased smartphone use has only amplified the problem.

Common symptoms of digital eye strain include blurred or double vision, headaches, dry or irritated eyes, and difficulty focusing. The good news is that small, consistent changes can make a meaningful difference.

“

Digital eye strain has become an everyday reality for millions of Americans”

Mike Laky, CEO at VELA Medical USA



Eye examination using a VELA Medical chair — ensuring patient comfort, ergonomic posture, and efficient clinical workflow.

Simple steps to reduce digital eye strain:

- 1) Keep a safe distance from your screens by placing them an arm's length away and just below eye level.
- 2) Follow the 20-20-20 rule: Every 20 minutes, look at something 20 feet away for at least 20 seconds.
- 3) Blink often and stay hydrated — To prevent dry eyes.
- 4) Schedule regular eye exams — Early detection ensures timely treatment of potential problems.

“Digital eye strain has become an everyday reality for millions of Americans,” says Mike Laky, CEO at [VELA Medical](#) USA. “Vision Awareness Month is the perfect opportunity to build healthier habits — and to remind ourselves that a quick check-up can make all the difference.”

VELA Medical encourages everyone — patients and healthcare providers alike — to use Vision Awareness Month as a call to action. Protecting your eyes today helps preserve clear and comfortable vision for the future.

About VELA Medical

VELA Medical designs and manufactures specialized medical chairs for hospitals and clinics, supporting safe patient handling, ergonomic working positions, and efficient clinical workflows. With a strong focus on ophthalmology, mammography, radiology, and other diagnostic specialties, VELA Medical’s adjustable patient chairs help healthcare professionals maintain healthy postures and reduce the risk of work-related musculoskeletal disorders (WRMSD). By improving patient comfort, clinician ergonomics, and workflow efficiency, VELA Medical enables safer, smoother, and more productive patient examinations in modern healthcare settings.

Casper Thomsen

VELA Medical

[email us here](#)

Visit us on social media:

[LinkedIn](#)



VELA Medical ophthalmology chair designed for ergonomic eye examinations — supporting clinicians and patients during diagnostic procedures.



Work safely and comfortably with VELA Medical’s adjustable ophthalmology chairs.

This press release can be viewed online at: <https://www.einpresswire.com/article/860084108>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.