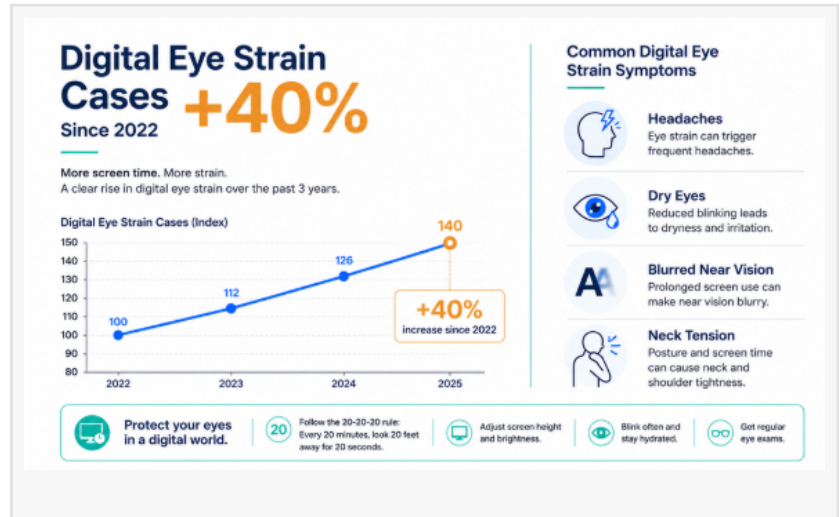


Premier Optical Boutique Releases Internal Data Highlighting Growth in Digital Eye Strain Cases

WATERLOO, ON, CANADA, July 15, 2026

/EINPresswire.com/ -- Internal clinical data compiled by Premier Optical Boutique indicates that patient presentations involving symptoms consistent with digital eye strain have increased by approximately 40 percent since 2022. The increase, drawn from anonymized diagnostic records across the clinic's patient base, aligns with a broader pattern identified by optometry professionals as sustained daily screen exposure continues to reshape visual health demands across all age groups.



“The volume of patients reporting symptoms like persistent headaches, dry eyes, blurred near vision, and neck tension after prolonged screen use has grown steadily each year since the pandemic accelerated remote work and digital learning,” said Amin Javaheri, Owner of Premier Optical Boutique. “What was once considered a temporary adjustment period has become a sustained clinical trend that optometrists are now managing as part of routine care.”

The clinic's data reflects a shift in both the demographics and severity of digital eye strain presentations. While cases among working-age adults between 25 and 45 continue to represent the largest segment, the clinic's optometrists have observed a notable increase in pediatric and adolescent patients reporting screen-related visual discomfort. Additionally, the proportion of patients requiring specialized lens prescriptions incorporating blue-light filtration or progressive designs optimized for intermediate screen distances has risen correspondingly over the same period.

Digital eye strain presentations have risen approximately 40% since 2022. Source: Premier Optical Boutique diagnostic records, 2022–2025.

Premier Optical Boutique addresses digital eye strain through a combination of [comprehensive](#)

[diagnostic evaluation](#) and targeted corrective solutions. The clinic's examination protocol assesses near-point stress, accommodative function, and binocular coordination, all of which are directly affected by extended screen use. The boutique's in-house lens lab enables rapid fabrication of specialized lenses, including occupational progressives and anti-fatigue designs, often within the same business day. Patients interested in learning more about digital eye strain management may visit [premieroptical.ca](https://www.premieroptical.ca).

"Many patients do not associate their headaches or fatigue with their screen habits because the onset is gradual," Javaheri added. "Our role is to identify the visual system stress before it progresses into chronic discomfort. The solution is often a combination of properly prescribed lenses and practical adjustments to workstation ergonomics and screen-time behavior."

Methodology: The data referenced in this release is based on an internal review of anonymized patient records from Premier Optical Boutique, comparing the annual volume of patient presentations involving symptoms consistent with digital eye strain between January 2022 and December 2025. Symptom classification was based on clinician-documented chief complaints and diagnostic findings during comprehensive eye examinations. The reported percentage increase reflects year-over-year growth observed at this single clinical location and is not intended to represent population-wide epidemiological data.

About Premier Optical Boutique

Premier Optical Boutique is a full-service eye care clinic and designer eyewear destination located at [330 Phillip St., Waterloo, ON, in the ICON building](#). Founded by Amin Javaheri, a licensed optician accredited by the College of Opticians of Ontario, the College of Opticians of British Columbia, the American Board of Opticianry, and the National Contact Lens Examiners, the boutique combines comprehensive optometry services with a curated collection of luxury and economical eyewear brands from around the world. Premier Optical features an in-house lens lab, direct billing to most major insurance providers, and serves patients of all ages across the Waterloo Region, including Kitchener, Elmira, Conestogo, and St. Jacobs. The clinic is an active member of the Opticians Association of Canada, the Ontario Opticians Association, and the International Opticians Association.

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