LETTER TO EDITOR CODEN: AAJMBG

New Era of Digital Technology: A Serious Concern for Children's Ophthalmic Health Care

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Dear Editor:

In the current scenario of digital technology and virtual learning, the electronic display interfaces have become an integral part of children's livelihood. The changing era towards digitalization increases opportunities for children to learn from multiple sources on digital platforms. The impact of new technologies (smart phones, tablets, laptops, animations, games, apps etc.) in engaging children of variable age groups (0-19) on increasing screen time revealed unfavorable effects on eye health [1].

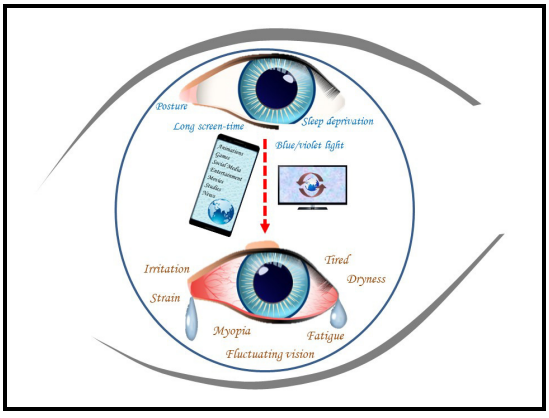
In today's world children are exposed to digital screens since an age of '0'years and for their whole life, being unaware or careless about the risks of long screen-time. The new electronic visual tools are producing high-energy and high-frequency waves with harmful lights affecting vision dramatically [2]. Serious ophthalmic complications like myopia, digital eye strain and macular degeneration (increased blue and violet light exposure) are common with increasing screen time as represented in figure [2-3].

Optometrists observe an increase in cases of myopia in less age children which could be a result of negligence and avoidance of parents due to their fast and busy lifestyle that actually results in their children's eye and vision problems [2-3].

Scientifically, association of myopic refraction with increasing screen time of children on computers and smartphones as compared to the time spent on reading and writing revealed a correlation for children's eye and vision problems [3-4]. All age groups of children spend more time as compared to recommendations from American Academy of Pediatrics, on digital media. Furthermore, participation of parental practices and children's self-perception for the risks, associated with extent of screen time exposure to their eye care behaviors are well correlated [5].

Today's digital world, entering in an era of artificial intelligence and robotics needs to derive some answers to these problems. Hence, we brought this concern to the editor for alertness of whole scientific fraternity towards this ophthalmology concern which is now at an alarming condition.

Fig-1: Effect of Digital Technology on children's eye.



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