

This material will help you understand asthenopia or eye strain.

What is asthenopia?

Asthenopia is defined as eye strain. Your child may have eye strain after using the computer, reading, watching TV, or doing other prolonged visual activities. It is not a serious condition, but may cause your child to have trouble concentrating or headaches. In some cases, it can be a sign of another problem such as an uncorrected refractive error (like nearsightedness or farsightedness).

What are the symptoms of asthenopia?

There are many symptoms of asthenopia including:

- Fatigue
- Eye pain
- Blurred vision
- Double vision
- Headache
- Sensitivity to light
- Watery eyes

How is asthenopia treated?

If your child complains of eye strain, you can suggest that he or she takes a break from his/her activity. Resting for even a short time can help your child feel better. Having your child's eyes examined by an eye doctor is also an important step in treatment. If your child does have another problem like nearsightedness, an eye doctor can diagnose this during an eye exam and prescribe glasses or contacts.

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