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Daniel W S

7 hrs · 🌐

Dr. Fong really fixed me up! I am in my second year in medical school, and I was having major fatigue looking at books and at computer screens for 10-12 hours at a time. I thought that my vision was getting worse so I went to Grace and Ed over a break to get my eyes checked.

I told Ed how I had a hard time concentrating in class, how I would be exhausted after a study session, and how I was having a hard time sleeping at the end of the day. He does a thorough exam and finds that my vision hasn't changed all that much. He goes on to tell me that he suspects that my eyes are just fatigued from too much screen time and that he suggested that I get a new type of lens that may help with my studying. Not only that, he gave suggestions on behavioral changes that I could do that would allow me to still study efficiently while not fatiguing my eyes.

I got the glasses in the mail and gave it a try. WOW!!! The difference is night and day. After an 8 hour study session, I realized that I didn't seem as tired physically. Not only had my stamina gone up, but I found that my concentration on the material was better, too. I expect that my grades will be improving due to this one fix, and even if not, my overall health is improved because of it. Thanks Bright Eye Care & Vision Development.

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