



Macular Damage by Mobile Phones

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In this small article, you will be reading my opinion as an eye specialist about the damage to eyes by mobile phones, especially in the days when people, especially children have access to these devices 24/7.

It's a well known fact that solar eclipse causes macular damage. But the misunderstanding is that eclipse itself doesn't damage the retina. But it's the curiosity to see the eclipse which forces people to stare at the sun and they might get macular burn.

As in normal circumstances, it's not possible to stare at the sun because of very high light, unlike in eclipse, we don't get our retina damaged. But in eclipse, because of low intensity of light combined with our curiosity to watch eclipse with prolonged time, some people may suffer from irreversible visual loss because of macular burn.

Keeping the above scenario in mind, these days, most of the people use mobile for long periods of time and usually don't get any retinal harm, but only eye fatigue, also called asthenopia.

The problem may arise, when many people, especially children and teenagers, use their mobile light with high brightness almost whole night. And the light of the room is switched off.

Now this switching off the light dilates the pupils and more light is now entering inside the eyes. And mobile light is fully focused on the macula. I feel, if it's repeated time and again, there is a high possibility to get one's macula damaged and some degree of irreversible visual loss.

Recommendations:

- Don't switch off the room light while using the mobile in night.

- Keep the mobile brightness low.
- Don't use or focus the mobile for long periods. Use it with regular intervals.

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