

2022 Korea Dry Eye Society (June 24<sup>th</sup>, 2022)

## **The Importance of Blinking to Maintain the Ocular Surface Health**

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### **Abstract**

Lifestyle changes triggered by the COVID-19 pandemic have reportedly led to an increase in time spent on computers, smartphones, and online gaming. Furthermore, this coronary disaster has caused a dramatic increase in the number of people complaining of ocular fatigue, dry eye, eyestrain, stiff shoulders, stiff necks, and other ailments, which has become a social problem. It is known that staring at a display can reduce the number of blinking and increase the number of incomplete blinking.

The 2017 Population-Based Study (Hirado-Takushima Study) by the LIME Working Group revealed some very interesting findings regarding the number of blinking and incomplete blink rate. In this talk, I will present the characteristics of the number of blinking and incomplete blink rate by age and gender and factors that influence them (BMI, VDT time, eye makeup, gender, age, etc.) as found from the epidemiological study.

Furthermore, underdevelopment of the orbicularis oculi muscle and disuse atrophy are thought to be factors that increase the rate of incomplete blinking, and Blink Exercise is an effective method of both prevention and treatment of incomplete blinking (Korb, et al., Craig, et al.). I would like to introduce the "Blink Exercise Dance" designed for the general public to help maintain ocular surface health.