

Is 3D as dangerous as the warnings?

Have you read the warnings on a 3D TV or gaming system? Can 3D actually cause altered vision, lightheadedness, twitching, nausea, disorientation, especially for children and the elderly?

Through these disclaimers, companies may have been scaring away the customers they seek, but medical evidence does not back up the claims.

Professional eye photographer Timothy Bennett of Penn State Hershey Eye Center said there are no health issues associated with 3D imaging. Some people experience headaches or dizziness, but these are temporary. The images may be disorienting, but as soon as you stop looking at 3D, the feelings clear up.

He recommends sitting far from the screen, especially if you are sensitive, and take breaks from gaming or watching 3D TV.



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