

Protect Your Eyes from Harmful UV Rays This Summer

“Sunglasses-Don’t be in the Dark”

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Did you know that ultraviolet (UV) radiation from the sun can damage your eyes as well as your skin? According to the American Optometric Association (AOA), exposure to ultraviolet (UV) rays from the sun can harm the eyes, affect your vision, and cause sunburn of both the skin and the cornea of the eye, even on an overcast day. Over time, unprotected exposure to the sun can increase your risk of cataracts, age related macular degeneration and blindness.

You may be especially susceptible to sun-related eye damage if you:
Spend long hours in the sun or are exposed to UV radiation - skiers, fishers, boaters, mountain climbers, dentists, welders

Have had cataract surgery or have been diagnosed with certain retinal conditions
Are taking certain medications such as tetracycline, sulfa drugs, birth control pills, diuretics and tranquilizers

More importantly, infants and children are especially susceptible to eye damage from the sun since the lens in their eyes do not block as much UV radiation as in adults and can result in damage to the eyes. Fortunately, it’s never too late to begin protecting the eyes from the sun’s harmful rays.

UV protection is more important now than ever since the thinning ozone layer has

led to increased levels of UV exposure. Although the level of ultraviolet radiation is at least three times higher in the summer months than during the winter months, UV rays can still be potent on cloudy days and proper eye and skin protection is always a good idea.

Keep these tips in mind when you’re out in the sun this summer:

- 1) Choose sunglasses that fit close to your face or have wraparound frames, and are made of lenses with 100 % UVA and UVB protection;
- 2) Wear a wide-brimmed hat or cap, which keeps out sunlight from directly overhead.
- 3) Never look directly at the sun — even through sunglasses — because doing so can cause permanent eye damage.
- 4) When selecting sunglasses, remember that a dark sunglass lens does not necessarily have UV protection, and that a polarized lens is recommended to cut glare from sand, snow, and water.

In addition, be sure to receive routine comprehensive eye exams. It’s a good way to monitor eye health, maintain good vision, and keep up to date on the latest in UV radiation protection.



Dr. Kelly Shintani, Dr. Weylin Eng holding Peirson and Dr. Kristine Eng.jpg

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