

Eye-Check Action Advisory #2



*From the Family EyeCare Clinic,
Willoughby and Painesville, Ohio*

Keep your eyes in the shade when you're out in the sun!

Overexposure to UV Rays Can Lead to Eye Diseases

With the ozone layer still thinning and summer coming on, protecting your eyes from ultraviolet rays from the sun becomes more important. So whenever you protect your skin from the sun, you should also protect your eyes. Make it a habit: sunscreen AND eyescreens, whether you wear contacts or regular frames.

It's not what most people do. According to the American Optometric Association's (AOA) American Eye-Q® survey, just one-third of Americans said ultraviolet protection is the most important factor they consider when purchasing sunglasses, and 35 percent of adults are unaware of the eye health risks associated with spending too much time in the sun without the proper protection.

Brian Kane, O.D., of The Family EyeCare Clinic in Willoughby and Painesville, Ohio, says,

“Exposing your eyes to UV rays by ignoring eye protection is quite serious. It can lead to cataracts, macular degeneration, or even skin cancer around the eyelids. When we fit sunglasses, we always recommend lenses that protect your eyes. It's the right thing to do.”



Action to take

Besides buying sunglasses that provide UV protection from all angles, the Family EyeCare Clinic and the AOA recommend these common sense actions to prevent eye and vision damage from overexposure to UV radiation:

- ✓ Wear your protective eyewear any time your eyes are exposed to UV rays, especially on cloudy days and during the winter.
- ✓ Choose quality sunglasses or contact lenses that offer good protection. Sunglasses or protective contact lenses should block 99 to 100 percent of UV-A and UV-B radiation and screen out 75 to 90 percent of visible light.
- ✓ Make sure your sunglass lenses are perfectly matched in color and free of distortions or

imperfections.

- ✓ Purchase gray-colored lenses that reduce light intensity without altering the color of objects, so you get the most natural color vision. Brown or amber-colored lenses may be better for those who are visually impaired because they increase contrast as well as reducing light intensity.
- ✓ Don't forget protection for young children and teenagers, who typically spend more time in the sun than adults and who are at a greater risk for damage. In fact, 80% of your eyes' exposure to UV light occur by the time you are 18 years old.

Dr. Kane also said,

“Because the effects of solar radiation are cumulative, it's important to develop good protection habits early, and purchase proper sunglasses for young children and teenagers. It is very important to buy good quality lenses for children, even though they may break or outgrow their glasses. Even with the slightly added cost, it's a good investment in their future eyesight.”

✓ **More action to take**

A good way to monitor eye health, maintain good vision, and keep up-to-date on the latest in UV protection is to schedule a yearly, 20 minute, painless eye exam with your eye doctor. There, you can survey the many kinds of lenses available to look stylish while you protect your eyesight for life.

**The Family EyeCare Clinic maintains practices at
77 Normandy Drive, Painesville, Ohio, Phone 440-352-0616
and
37131 Euclid Avenue, Willoughby, Ohio, Phone 440-946-8809
Visit us on the web at www.familyeyecareclinic.biz**

For additional information on UV protection:

<http://www.aoa.org/x4735.xml>.

<http://aoa.org/documents/SunglassShoppingGuide0810.pdf>.

http://oaspub.epa.gov/enviro/uv_search

<http://www.epa.gov/ozone/science/effects/index.html>

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