



PREMIER EYECARE ASSOCIATES

Committed to your Family's Vision Health

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Protect Your Eyes From UV Light

We are hearing more about the damaging effects of ultraviolet (UV) radiation and the increasing damage that is occurring as a result of a thinning of the earth's ozone layer. Even with a healthy ozone, damaging rays do reach the earth and affect our health. UV light exposure increases our risk for sunburn and skin cancer. Over the course of a lifetime, the cumulative effect of UV exposure may also cause significant damage to the eye. Limiting exposure during childhood is important, because the young eye is least able to filter out harmful UV radiation. The greatest UV risk is for individuals who are outdoors a significant amount of time (especially around water and snow), persons living closest to the equator, and those who take photosensitizing drugs. "Snow blindness" is an example of temporary injury to the cornea by UV radiation reflected from snow. There is evidence that UV-B radiation absorbed by the eye lens promotes early cataracts. UV-A radiation may contribute to damage to the retina and macular degeneration. Your eye doctor can recommend sunglasses and prescription lenses (contacts and glasses) that will provide sufficient UV protection for your lifestyle.