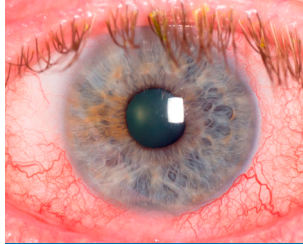


Protecting Your Eyes From the Sun



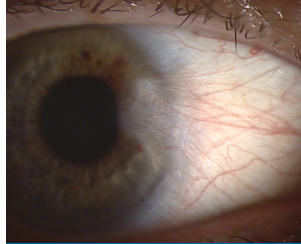
Photokeratitis or Photoconjunctivitis

Redness
Tearing
Light sensitivity
Pain or discomfort



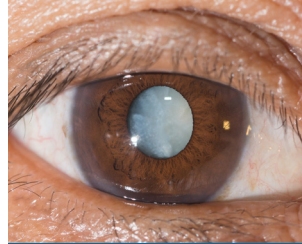
Pinguecula

Discomfort
Gritty sensation



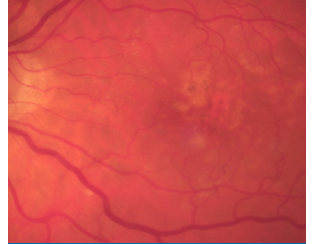
Pterygium

Discomfort
Gritty sensation
Visual disturbance
May require surgery



Cataract

Visual disturbance
Requires surgery



Macular Degeneration

Damage to the back of the eye (retina), leading to significant visual impairment (blindness)

Develop over hours

Develop over years

These conditions can also be hereditary. Other risk factors include age, general health, medication and diet.

You won't notice the effects of ultraviolet radiation on your eyes until it's too late.

Wear sunglasses on sunny and cloudy days. UV radiation penetrates clouds, even on an overcast day.

Wear sunglasses in summer and winter. While the need for sunglasses may be more obvious in the heat of summer, the sun's rays reflect off snow and water, increasing exposure and risk.

Ask your eye doctor about contact lenses that block UV radiation. These contact lenses offer extra protection for the inside of your eyes. You will still need sunglasses: contact lenses don't protect the whites of your eyes or the skin around your eyes.

Babies and children need sunglasses too. Children are particularly vulnerable to UV damage because light reaches the back of their eyes more easily. A sun hat also offers additional protection for eyes.

It's easy for an eye care professional to check the quality of your UV protection. Ask for this service, no matter where you purchase your sunglasses. The design and fit of your sunglasses can also affect the amount of protection they provide.

Some medications make you more sensitive to UV radiation. Make sure you read the package insert, and protect both skin and eyes accordingly.

Never look directly at the sun - even while wearing sunglasses. Doing so can severely harm the inside of your eyes, permanently affecting your vision.

Protect your eyes.
Sunglasses + Sun hat + Contact lenses



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