



Just as the sun's rays can damage your skin with sunburn, premature aging and skin cancer, it can also be bad for your eyes. Unprotected exposure to UV radiation can cause photokeratitis, a "sunburn" of the eyes marked by painful, red eyes and a sensitivity to light. The symptoms usually clear up quickly and cause no permanent damage to the eyes. That's the good news.

The bad news is that growing evidence suggests that long-term exposure to UV rays can lead to macular degeneration and cataracts, serious eye conditions that can cause vision impairment or loss.

## ***USE YOUR SUN SENSE***

You can enjoy the sun and still protect your eyes from damage if you take a few basic precautions:

- If at all possible, limit your time in the sun.
- Wear a wide-brimmed hat
- Wear sunglasses that filter 99% of UV rays

## ***PROTECT YOUR CHILDREN, TOO***

Studies show that children receive up to 80% of their exposure to damaging UV rays by age 18. To keep them safe, follow the same precautions as you would for an adult, but be sure to choose sunglasses that fit their smaller faces, have impact-resistant lenses, and have lenses large enough to shield the entire eye.

## ***STOP IN BEFORE YOU HEAD OUT***

Our office can help you have your day in the sun and do it safely. We offer quality sunglasses - both prescription and non-prescription - that meet the highest standards for sun protection. And we offer them in styles to suit everyone, from infants through adults. Call us for an appointment today.

***Vision Source!***<sup>®</sup>