

# Glendale Optometric Center

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GLENDALE

Optometric Center

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## Summer Newsletter

*Overexposure to UV rays is quite serious and can lead to cataracts, macular degeneration, or, in some cases, skin cancer around the eyelids. These conditions can cause blurred vision, irritation, redness, tearing, temporary vision loss and, in some instances, blindness.*

*Wear protective eyewear any time the eyes are exposed to UV rays, even on cloudy days and during the winter.*

*Look for quality polarized sunglasses. 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. Check to make sure sunglass lenses are perfectly matched in color and free of distortions or imperfections.*

*Don't forget protection for young children and teenagers, who typically spend more time in the sun than adults and are at a greater risk for damage.*

*According to the AOA, parents should purchase sunglasses for all children, including infants. Their eyes are most sensitive to the ultra violet rays. The lenses of children's eyes are more transparent than those of adults allowing shorter wavelength light to reach the retina. The effects of solar radiation are cumulative, it's important to develop good protection habits early, such as purchasing proper sunglasses for young children and teenagers*



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