

Glendale Optometric Center

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GLENDALE

Optometric Center

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Summer 2009 Newsletter

What is UV Radiation?

Ultraviolet (UV) radiation is the invisible high-energy rays from the sun that are just beyond the violet/blue end of the visible spectrum. UV radiation is broken down into three levels. UV-A and UV-B cause damage to the eyes. UV-C is absorbed by the ozone layer and does not reach the earth. UV radiation reaches the eye not only from the sky but also by reflection from water, sand, snow and other bright surfaces.

What kinds of eye damage does UV Radiation cause?

Cataracts: Cataracts are lens opacities cause by long term exposure to UV radiation. Lens opacities can potentially decrease vision.

Macular Degeneration: Chronic UV exposure may contribute to aging processes in the retina, including macular degeneration.

Pterygium: Pterygium is a growth tissue on the white of the eye that may extend onto the clear cornea where it can block vision.

Cancer: Cancer of the skin, including the eyelids and facial skin is a well-known consequence of excessive UV exposure.

Photokeratitis: is a reversible sunburn of the cornea resulting from excessive UV-B exposure. It can be extremely painful for 1-2 days and can result in temporary loss of vision.

How can I protect my eyes from UV Radiation?

Ultraviolet absorbing eyewear provides the greatest measure of UV protection, particularly if it has a wraparound design to limit entry of peripheral rays. UV absorption can be incorporated into nearly all optical materials currently in use and does not interfere with vision.

Do contact lenses provide UV protection?

Acuvue and Precision UV are examples of disposable contact lenses that have UV protection. However, UV-absorbing contact lenses are not substitutes for UV-absorbing eyewear such as UV-absorbing goggles or sunglasses.

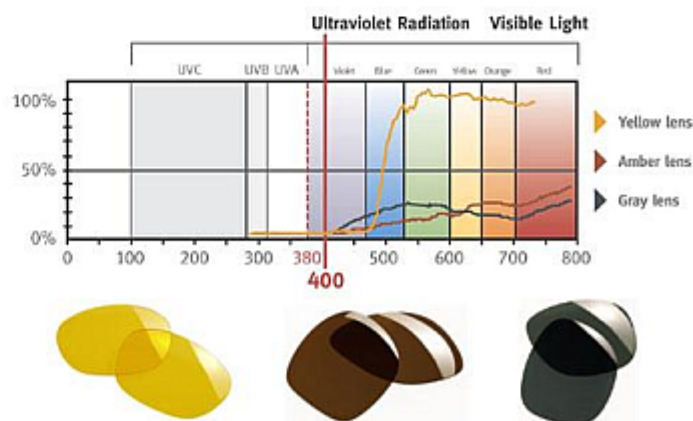


*Protect your eyes
as you would your
skin.....*

*Wear sunscreen
and UV protected
eyewear when
outdoors this
summer.*

What is the UV protection in
different types of materials?

Materials	% absorption	
	UVA	UVB
Crown Glass	15%	80%
Plastic	85%	100%
Hi-index plastic	90-100%	100%
Hi-index glass	80%	100%
Polycarbonate	90-100%	100%



Please visit allaboutvision.com for more information.

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