

the Science of Sight

Fun In The Sun Means Protecting Your Eyes

by Dr. Howard Purcell 

(NAPSA)—Many Americans who years ago thought baking in the sun was a good thing are paying the price today. Ultraviolet (UV) radiation not only can damage your skin, it may cause irreparable harm to



Dr. Howard Purcell

your eyes. We can't see these rays, but they do pose a danger.

That's why Eye Care Professionals urge people to protect their precious sense of sight by using proper UV-protecting eye-wear.

Like your skin, your eyes can suffer cumulative damage from too much sun. Once the damage becomes apparent, it is often too late to correct. Those who work outdoors or who spend a lot of time in the sun are especially at risk. And don't think winter sports are safer. The fact is, due to reflection off snow, UV radiation is often more potent in winter than during the summer. UV radiation is also more potent at higher altitudes where many winter sports are held.

How to protect your vision? Use sunglasses rated to block at least 99 percent of both UV-A and UV-B rays. Select large lenses—such as “wrap-arounds”—that cover more of your eyes. Make sure the entire lens is equally dark throughout. And wear a wide-brimmed hat. If you wear prescription glasses, they should also be similarly rated for blocking UV radiation.

Finally, have a routine eye exam by an Eye Care Professional. He or she can help you look cool while protecting yourself in your new shades. For additional information about eye care visit www.acuvue.com.

Howard B. Purcell, O.D., F.A.A.O., is Director, Professional Affairs, Vistakon, Division of Johnson & Johnson Vision Care, Inc., makers of ACUVUE® Brand Contact Lenses.



Note to Editors: This is the 8th in a series of 12.