

## Blue Light Exposure: More than Meets the Eye

(NAPSA)—Blue lights may not be flashing before your eyes, but danger may still exist. Hidden from the human eye are high-energy blue light waves, which are similar to UV rays in their harmful health effects. While some blue light waves contribute to color perception, other wavelengths of blue light may actually be harmful to your eye. Long-term exposure to blue light is a problem for all; however, it may be especially dangerous for cataract patients.

As we age, the eye's natural lens becomes increasingly yellow, which may provide a defense against potentially damaging high-energy wavelengths of the blue light spectrum. When a cataract develops, requiring the natural lens to be removed, this potential defense is lost. With this lack of filtration, visual disturbances such as increased glare and whites that appear to have a bluish tint can be attributed to increased blue light exposure.

Alcon's AcrySof<sup>®</sup> Natural intraocular lens (IOL) is the world's first foldable lens specifically designed to filter high-energy wavelengths of the blue light spectrum. Until Alcon released the technology, the lens inserted after cataract surgery was less effective than the eye's natural ability to filter blue light. Now patients can benefit from Alcon's IOL with its very own built-in mechanism for filtration. The AcrySof Natural lens features a proprietary yellow, blue light filtering chromophore to safely and effectively filter blue light without altering color perception, or the ability to see under dim light conditions.

"A growing body of evidence shows increased exposure to blue light may lead to retinal damage,"



said Robert Cionni, MD, Medical Director, Cincinnati Eye Institute and clinical investigator of the new lens. "The AcrySof Natural IOL filters this potentially dangerous blue light without negative visual consequences."

AMD is a degeneration of the macula, the light-sensitive region of the retina. The disease impacts central vision, and may limit patients' abilities to read, drive and perform activities that require fine, sharp vision.

Research suggests blue light may be one of the risk factors in causing the progression of AMD. AMD is one of the leading causes of blindness in the developed world. However, the long-term effects of filtering blue light and the clinical efficacy of that filtering on the retina have not been conclusively established.

The lens is a product of Alcon, Inc. (NYSE: ACL), the world's leading eye care company. Alcon, which has been dedicated to the ophthalmic industry for over 50 years, develops, manufactures and markets pharmaceuticals, surgical equipment and devices, contact lens solutions and other vision care products that treat diseases, disorders and other conditions of the eye.