

Dr. Mark J. Uhler's  
**Healthy Sight Newsletter**



## Taking Care of Your Eyes

How to make the right eyewear selections for your protection.



### Healthy Habits for a Lifetime

Childhood is the time we establish healthy habits that can last a lifetime. It is also a crucial period in the development of the eyes - which is why providing the right vision care and vision wear early in life is so important. Kids' eyes are especially at risk. Children are outside more than adults - getting three times the sun exposure. Their developing eyes are more vulnerable to UV - yet they are twice as likely to wear sunscreen as sunglasses. Because they are physically active, they are at higher risk for eye injury. Ask about eyewear that can protect your child for a lifetime of healthy sight.

### Glare in the Real World

Recent surveys confirm that people are affected by glare on a daily basis. For instance, more than eight out of 10 Americans agree that glare affects their vision outdoors, and nearly seven out of 10 agree that their eyes are sensitive to light (Transitions Optical, 2007). Plus, more than half of all drivers experience glare when driving at night. One third describe this effect as disturbing, according to the National Highway Traffic Safety Administration. Be sure to schedule an appointment to learn more about lens enhancements that battle glare.

### Sun Protection for Your Eyes

Just about everyone loves spending time outdoors, but did you know you should be protecting your eyes from the sun? Just as too much sun can burn the skin and possibly lead to skin cancer, the sun's ultraviolet (UV) rays can also take a heavy toll on your eyes. Damage from UV rays is irreversible, and over time can lead to several sight-stealing eye conditions. Unfortunately, while 82 percent of Americans know that extended exposure to the sun can cause skin cancer, only 9 percent know that the sun can harm the eyes (Transitions Optical, 2008). Make sure you ask how you can protect your eyes!

### More Than 20/20

Many people only think about eye care when they notice that they need a new eyeglass lens prescription, or want new frames or contact lenses to meet their fashion or lifestyle needs. But a trip to your eyecare professional can do so much more. Today's vision care (eye exams) and vision wear (sight-enhancing lens options) are vital to healthy sight and overall health, today and tomorrow. Seeing your best also allows you to perform your best at work or during daily tasks. Be sure to schedule regular appointments to make sure you are taking every step to protect your eyes and to learn about the latest lens enhancements.

### Who is at Risk for Damage?

Everyone is at risk for eye damage from the sun. However, some groups have a particular need for UV protection. For example, kids' eyes are still developing, leaving their eyes more susceptible to UV damage; plus, they spend more time outdoors. Similarly, people with diabetes are more prone to eye damage from the sun. These patients may also experience sensitivity to everyday and bright light, partially due to the medications they may be taking to manage the disease. Finally, certain ethnic groups are at a higher risk for UV-related eye diseases such as cataract and macular degeneration.

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