

PRACTICE SAFE SUNSHINE

Protect Your Eyes

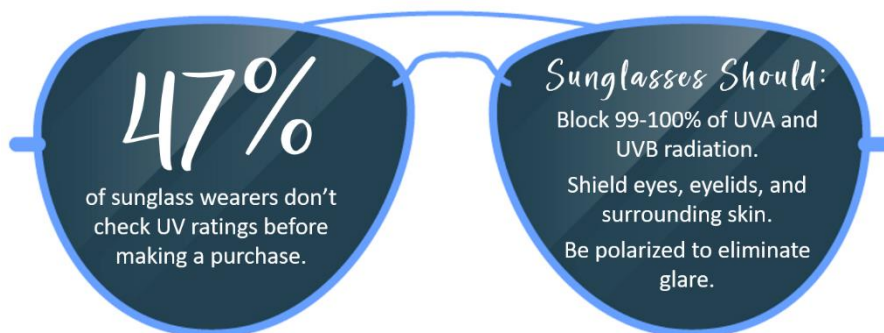


When the summer sun is shining, it means pool time, playtime, vacation time, and fun in the sun! We love spending time outside and enjoying the wonderful weather, but are you doing everything you can to protect your eyes?

WHAT CAN UV RADIATION DO TO YOUR EYES?

UV radiation from the sun can cause eye damage beyond wrinkling and aging. Long-term exposure to the sun can cause:

- ☼ **Cataracts:** Benign growths that cloud vision.
- ☼ **Macular Degeneration:** Leading cause of blindness and retinal damage.
- ☼ **Photokeratitis:** Sunburn of the cornea.
- ☼ **Pingueculae:** Yellow bumps on the white of the eye.
- ☼ **Pterygium:** Opaque growth on the cornea.
- ☼ **Cancer of the eyes, eyelids, or surrounding skin.**



Different glasses offer different protection. Darker or designer glasses, don't necessarily offer greater protection. Take note of labels and purchase sunglasses that suit their purpose (e.g. driving, prolonged sun exposure). Consider purchasing multiple pairs for your car, backpack, and gym bag to ensure you can protect your eyes no matter where you are!

TOP 5 WAYS TO PROTECT YOUR EYES THIS SUMMER

UNDERSTAND THE RISK

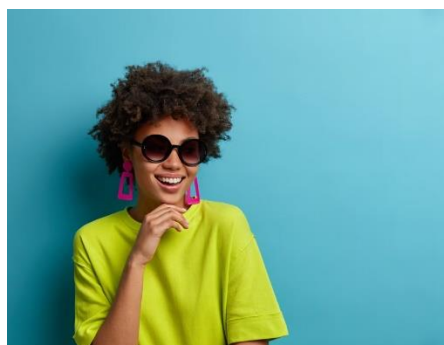
We're all at risk when it comes to sun damage, but some factors like age and genetics increase the risk. People with natural blond or red hair, freckles, light-coloured eyes, and fair skin may face greater risk. Children's eyes aren't fully developed and transmit more UV light, and elderly adults are at a higher risk of eye-related disorders.

DON'T SLACK ON CLOUDY DAYS

Thinking that the clouds provide protection from the sun's rays is an easy way to damage your eyes without even realizing it. Don't be fooled. UV rays make it through the clouds, so you still need to protect yourself.

ADOPT SMART SUN HABITS

Sunglasses offer a lot of protection, but there are still gaps around the lenses that give access to the sun's rays. Wide-brimmed hats are a great addition to further shield the eyes and your face. Also, make a point to find shade at regular intervals and when the sun is particularly bright.



AVOID PEAK HOURS

While you may love to soak up the midday sun, this time of day is also when the sun can be the most damaging. If possible, avoid sun exposure between 10 AM and 4 PM to protect your eyes from the most aggressive UV rays. If you must be out, wear protective gear and seek shade whenever possible.

CONSIDER YOUR ACTIVITY

Match your protection to what you're doing. If you're in the pool, you want to be mindful of the chemicals and protect your eyes with goggles. Summer often lends itself to DIY projects and home improvements. Be sure to wear appropriate eye protection to avoid injuries.

Sources: vionease.com/blog/2017/05/01/eyes-burn-just-like-skin | www.webmd.com/eye-health/features/5-ways-to-protect-your-eyes-in-summer
Images by Freepik