

Sites For Sore Eyes

Best Cities For Eye Comfort

(NAPSA)—What places look out for your eyes? Here's a list to help you to set your sights on more "eye-friendly" locales. Environmental factors, as well as the lifestyles associated with certain cities, can take a toll on the comfort of your eyes. That's why ACUVUE® ADVANCE™ Brand Contact Lenses with HYDRACLEAR™ has teamed with the city study experts at Sperling's BestPlaces to determine "America's Best and Worst Cities for Comfortable Eyes." The findings are as follows:

- **Stay Low!** Tacoma (No. 1) and Sarasota (No. 2) scored well due to their low altitudes. At lower levels, more oxygen is available, which allows for clear, moist eyes.

- **Put on Those Sunglasses!** Seattle (No. 10) and Portland (No. 5) are usually cloudy and rainy most of the year; they ranked high due to the low levels of UV exposure. Less sun equals a reduced risk of sun damage to the eyes.

- **Turn off the AC!** Although hot, humid weather can sometimes be unbearable in the summer, cities such as Charleston (No. 3) and Mobile (No. 4) scored well with those seeking eye comfort due to the high humidity.

- **Mild is Best!** Cruel winters and sizzling summers are not the best solutions for electric bills or for happy eyes. Milder climates such as San Francisco (No. 6) and Honolulu (No. 7) ranked well due to pleasant weather year-round.

- **Breathe Easy!** Low pollution is great for health any way you look at it, which is why Jacksonville (No. 8) and Tacoma (No. 1) scored well. Low levels of ozone and particulates in the air help keep eyes from becoming irritated.

- **Get Offline!** Although it is

Best Places for Eye Comfort

1. Tacoma, WA
2. Sarasota-Bradenton, FL
3. Charleston-North Charleston, SC
4. Mobile, AL
5. Portland-Vancouver, OR-WA
6. San Francisco, CA
7. Honolulu, HI
8. Jacksonville, FL
9. New Orleans, LA
10. Seattle-Bellevue-Everett, WA



sometimes hard to get out of the office, New Orleans (No. 9) and Mobile (No. 4) scored high on best cities for eyes since residents there spend less time on the computer.

The three worst places for the eyes? Denver, Albuquerque and Salt Lake City.

If you are one of the 150 million Americans in need of vision correction, or one of the 35 million who are wearing contact lenses, eye comfort is even more of a concern. Thankfully, technological advances are helping combat discomfort. For instance, ACUVUE® ADVANCE™ delivers exceptionally long-lasting comfort and is the first lens to incorporate HYDRACLEAR™ technology, a remarkable moisture-rich wetting agent that permeates the ACUVUE® ADVANCE™ contact lens. ACUVUE® ADVANCE™ contact lenses help keep eyes looking white and feeling fresh, even on the longest days.

The study methodology included analyzing and ranking places based on humidity, pollution, extreme temperature, altitude, sunshine, wind, commute time, and computer.

For more information on getting fit for eye comfort, visit www.getfitforeyecomfort.com.

Acuvue® Advance with Hydaclear is indicated for daily wear vision correction. Eye problems, including corneal ulcers, can develop. Some wearers may experience mild irritation, itching or discomfort. Lenses should not be prescribed if patients have any eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. Consult the package insert for complete information, available from Vistakon by calling 1-800-843-2020 or by visiting Acuvue.com.