

Eye Facts And Fancies

Stop Squinting From Glare All Year-Round

(NAPSA)—Surprisingly, while bright light outdoors may seem most common in the summer, this condition is actually present year-round. Most commonly known as glare, too much light decreases the contrast between dark and light colors, making it challenging to distinguish one object from another. In a recent survey, the majority of respondents said squinting, followed by eyestrain and eye fatigue, is what they experience as the result of glare or bright light.

Squinting strains your eyes, leading to visual discomfort, eye fatigue, diminished vision, headaches and the development of wrinkles on the sensitive skin around your eyes. In fact, more than eight out of 10 people agree that glare and bright light outdoors affect their eyesight.

And while you can be sure that if you are squinting when outdoors, you are exposing your eyes to harmful UV rays, it is also important to remember that UV rays are present year-round, whether it is sunny or cloudy. What's more is that UV exposure has been linked to the development of cataracts, pterygium and irreversible vision loss from macular degeneration.

Four types of glare can cause squinting:

- **Distracting glare** is caused by car headlights or streetlights at night and can contribute to eye fatigue, annoyance and distraction.

- **Discomforting glare** is caused by everyday sunlight and can be a problem at any time in any weather.

- **Disabling glare** comes from excessive, intense light when you face directly into the sun and can impair vision. The effects can last



Adaptive eyeglass lenses can protect your vision from damaging light and prevent squinting.

beyond the time of exposure and lead to long-term eye damage.

- **Blinding or reflected glare** is caused from light reflected off smooth, shiny surfaces including water, sand or snow and can be strong enough to impair vision.

To protect your eyes from glare, optometrist Dr. Craig Tisch recommends proper eyecare and eyewear. “Adaptive lenses, such as Transitions lenses, that automatically adjust from clear to dark in changing light conditions can benefit your eyes in the short term by preventing eye fatigue, strain and squinting. They can protect the long-term health of your eyes by blocking 100 percent of UV rays, which can contribute to the development of certain vision conditions and increased risk of skin cancer, especially on the sensitive skin around the eyes,” explains Dr. Tisch. “Regular, comprehensive eye exams can also help maintain healthy, quality vision overall.”

To learn more about the effects of squinting and eye health, and to find out which Transitions lenses are right for you, visit www.lifelessquinty.com.