

Eye on Health

When Outside, Stay Protected From UV Rays

(NAPSA)—Exercise and activity are essential to overall health and wellness. As people work to achieve a healthy lifestyle, many times they are drawn outdoors for a variety of activities. While the extra time outdoors can be enjoyable, the increased amount of time spent in the sun—regardless of the time of year—is not only a danger to the skin, but also poses a significant threat to the eyes.

A recent survey conducted by the New England Eye Institute and Transitions Optical found that more than half (57 percent) of respondents think to wear sunscreen when in the sun for extended periods of time. However, only 15 percent think to protect their eyes from harmful ultraviolet (UV) rays when spending time outside.

Unprotected eyes are subject to numerous eye health issues, such as cataracts, macular degeneration and other sight-threatening conditions. Damage from UV radiation is cumulative, so it is important to take the proper precautions to protect the eyes today and every day.

The early morning and evening hours can be especially dangerous times for UV damage to occur. Even when the sunlight doesn't seem to shine as brightly, UV rays are still present and can be as harmful to the eyes.

Even though the sun seems to be stronger during the summer months, every single day—whether sunny or cloudy—eyes are exposed to harmful UV radiation.

One effective, everyday solution for those who require prescription lenses is to wear photochromic lenses, such as Transitions® lenses. Clear indoors and at night, Transitions automatically darken in the presence of dangerous UV rays to



When spending time outdoors, remember to take the proper precautions to protect the eyes from UV rays.

block 100 percent of UVA/UVB radiation. They also help reduce distracting glare, squinting and eye fatigue and improve contrast in all lighting conditions.

“Everyday UV protection is important for all my patients,” says Dr. Janet Pena, optometrist, Corpus Christi, Texas “Regular visits to your local eyecare professional and selecting proper everyday eyewear, such as Transitions lenses, will help promote lifelong healthy sight and wellness.”

Tips to promote healthy sight:

- Schedule regular visits to an eyecare professional in your area.
- Before going outdoors for an extended period of time, be sure to check the UV index.
- Consider photochromics, like Transitions lenses, to block 100 percent of UVA/UVB rays.
- Drink eight to 10 glasses of water daily to hydrate your body and eyes.
- Maintain a balanced diet.

To learn more about how to protect your eyes all year long, visit www.transitions.com.