

PROTECT YOUR EYES



SUNGLASSES CHECKLIST

- Lenses that block out 99 to 100 percent of both UV-A and UV-B rays.
- Lenses with a uniform tint are ideal. If purchased, gradient lenses should lighten gradually with the top being darkest.
- A frame that fits close to the eyes and contours to the shape of the face.

OVER TIME, UV EXPOSURE CAN CONTRIBUTE TO:

- Macular Degeneration
- Photokeratitis (sunburn of the eyes)
- Pterygium (abnormal growth)
- Cataracts
- Skin Cancer Around the Eyes

CHILDREN NEED PROTECTION TOO!

Children take in three times more UV exposure than adults – up to 80 percent of their lifetime exposure occurs by age 20.



* Ninth annual American Eye-Q® survey created and commissioned in conjunction with Penn, Schoen & Berland Associates (PSB) on behalf of the American Optometric Association (AOA), March 20-25, 2014.

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