



FOCUS ON EYE HEALTH

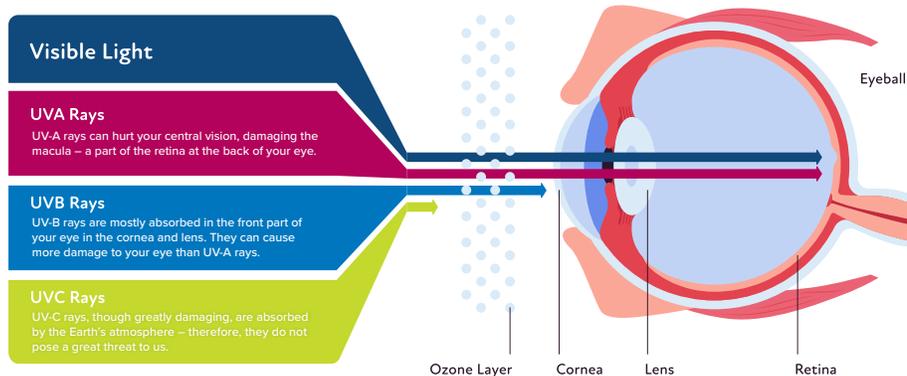
# Shining a Light on Sun Safety



## How Does Ultraviolet (UV) Light Affect Your Eyes?

While most people are aware of the dangers that the sun's UV rays can pose to our skin, not everyone realizes the dangers UV rays pose to our eyes.

Prolonged exposure to UV rays can increase the risk of cataracts, growths on the eyes, sunburned eyes and cancer. In fact, 10% of cataracts are caused by UV exposure.<sup>1</sup> Additionally, the sun's rays can be even more harmful to those who already have eye disorders such as macular degeneration and retinal disease.



## Sun Protection Solutions



### Polarized Lenses

Polarized lenses are very effective at reducing glare and protecting against reflected light, especially if you spend a lot of time near water, snow or sand.<sup>2</sup>



### Anti-Reflective Coating

Anti-reflective coating on both sides of the lens will help protect against light reflecting back onto the eyes in bright conditions.<sup>3</sup>



### Oversized & Wraparound Lenses

Oversized and wrap around lenses offer increased protection around the eyes and limit UV rays from entering from the sides.<sup>4</sup>



### Polycarbonate Lenses

Polycarbonate lenses with a scratch-resistant coating are especially impact resistant and good for active lifestyles.<sup>5</sup>

VBA offers plans that provide easier access to vision care.

To learn more, visit [vbaplans.com](http://vbaplans.com).

400 Lydia Street, Suite 300 | Carnegie, PA 15106 | 1-800-432-4966 | [www.vbaplans.com](http://www.vbaplans.com)

The information contained above is intended to be educational in nature, does not constitute medical advice, and should not be relied on as a substitute for actual professional medical advice, care or treatment. If you have any vision or other health related concerns, VBA encourages you to immediately contact your optometrist/ophthalmologist, or any other competent, licensed, medical professional.

1. All About Vision (<https://www.allaboutvision.com/conditions/uv-exposure-eye-cancer/>) 2. American Academy of Ophthalmology (<https://www.aao.org/eye-health/glasses-contacts/taking-clear-look-at-prescription-sunglasses>) 3. All About Vision (<https://www.allaboutvision.com/lenses/photochromic.html>) 4. American Academy of Ophthalmology (<https://www.aao.org/newsroom/news-releases/detail/sunglasses-your-prescription-eye-health#:~:text=The%20more%20coverage%20from%20sunglasses,the%20eye%20from%20the%20side>) 5. American Academy of Ophthalmology (<https://www.aao.org/eye-health/glasses-contacts/sunglasses-3>)

V\_FocusOn\_SunSafety\_Rev:03/2024



## Did You Know?



Select Target Optical™ locations are in-network for VBA members.



With Target Optical™, you can find additional sun protection solutions such as blue-violet light filtering, light responsive lenses and prescription lenses.

## Sun Safety All-Year-Round



- Your sunglasses should offer 100% UVA and UVB protection, no matter the season. Whether it's sand, snow or ice, reflected light can cause damage to your eyes.
- UV rays pose a threat all-year-round, even in cloudy conditions. It's important to have a protective pair of sunglasses on hand.
- Snow blindness, a form of photokeratitis, is a painful eye condition caused by exposure to UV rays reflected from ice and snow.