

July is UV Safety Month

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Contact Us

2311 W. Hayes Ave,
Fremont
Ohio 43420
(419) 334 8121

622 Parkway Drive,
Fostoria
Ohio 44830
(419) 435 3482

www.eyecentersofnwo.com

info@eyecentersofnwo.com

Happy 4th of July

The Fremont Office will be closed 3rd – 5th July
The Fostoria Office will be closed 2nd – 5th July



UV Rays Can Hurt Your Eyes

Excess sun exposure can put you at risk for:



Eye
Cancer



Cataracts



Sunburned
Eyes



Growths
On or Near
the Eye

How to Pick the Best Sunglasses to Protect Your Eyes

Sunglasses aren't an optional summertime accessory; they're an essential prescription for eye health. Long-term exposure to the sun without proper protection can increase the risk of eye disease, including cataract, growths on the eye, and eye cancer. As summer gets underway, The Eye Centers of Northwest Ohio and the American Academy of Ophthalmology share five essential tips for buying the best sunglasses to protect your eyes.

- **Choose sunglasses that block 99 to 100 percent of both UVA and UVB radiation.** Labels can sometimes be confusing. Some indicate sunglasses offer 100 percent protection from UVA/UVB radiation; others offer 100

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www.aaopt.org/

percent UV 400 protection. Rest assured, both will block 100 percent of the sun's harmful radiation.

- **Buy oversized.** The more coverage from sunglasses, the less sun damage inflicted on the eyes. Consider buying oversized glasses or wraparound-style glasses, which help cut down on UV entering the eye from the side.
- **Don't be fooled by color.** While dark lenses may look cool, they do not block more UV rays.
- **Don't forget the kids.** Children are just as susceptible to the sun's harmful rays as adults. Start them on healthy habits early.
- **Consider polarized lenses.** Polarization reduces glare coming off reflective surfaces like water or pavement. This does not offer more protection from the sun but can make activities like driving or being on the water safer or more enjoyable.

Why Polarized Lenses?

Polarization reduces glare and improves vision and safety in the sun.



(Plus, they help you catch more fish by reducing water glare!)

UV Safety Can Save Your Sight

Even short-term exposure can damage the eyes. Sun reflecting off water can cause a painful sunburn called photokeratitis on the front part of the eye. It causes redness, blurry vision, sensitivity to bright light, and, in rare cases, even temporary vision loss.

Triple Your Protection

Three simple ways to protect yourself against exposure to harmful UV rays:



Wear sunglasses



Wear a hat with broad brim



Don't forget the sunscreen!

UV Safety Can Save Your Sight