

## July is UV Awareness Month

### In This Issue

- Happy 4<sup>th</sup> July
- Buying Sunglasses? Read this First

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## Happy 4th of July

Our offices will be closed July 2<sup>nd</sup> – July 4<sup>th</sup>.



## Buying Sunglasses? Read This First

Not all sunglasses are created equal. While the choices are endless, there's only one thing that tops all sunglass considerations and it has nothing to do with price or brand names. It's all about the UV protection. The Eye Centers of Northwest Ohio and the American Academy of Ophthalmology want you to know that selecting sunglasses that block 99 to 100 percent of UV-A and UV-B radiation is the best way to protect your eyes from the sun's damaging rays.



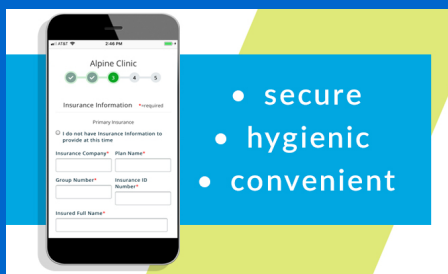
The Eye Centers of Northwest Ohio and the Academy offer the following tips for picking the best sunglasses for you:

No Vision Insurance, No Problem, Join our Membership Program today!

[www.eyecentersofnwo.com/members-portal](http://www.eyecentersofnwo.com/members-portal)



We Now Have Paperless Check-In Available



Follow the link that we text to you the day before your appointment

Courtesy: The American Academy of Ophthalmology  
[www.aao.org/](http://www.aao.org/)

## Test Your Sun Savvy



53%

mistakenly believe that sunglasses with darker lenses provide better eye protection.



54%

of adults have light-colored eyes (blue, hazel or green).



68%

with light-colored eyes don't know that light eyes are more photosensitive.

Source: The Academy's 2014 Harris Poll of 2,027 U.S. adults.  
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[aao.org/eyesmart](http://aao.org/eyesmart)

### Look For The Label

Only buy sunglasses labeled as 100% UV-A and UV-B or UV400 protection.

## Get Sun Smart



47%

of sunglass wearers do not check UV ratings before making a purchase.



Always buy sunglasses labeled "UV400" or "100% UV protection."

Source: The Academy's 2014 Harris Poll of 2,027 U.S. adults.  
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### Size DOES Matter

Sunglasses with larger lenses may provide more protection. Wraparound glasses offer the best coverage. These glasses can protect the eye from UV light entering from the side. Wraparounds also protect the eyes from wind, evaporation that may cause dry eye, and foreign bodies, like grit, sand or dust that can irritate the eye.

### Price Does NOT Matter

A heavier price tag does not guarantee UV protection. As long as the 100% UV label is there, cheap sunglasses can be just as effective at protecting your eyes as brand name sunglasses.

### Lens Type Helps With Comfort, Not UV Protection

Darker lenses or polarized lenses do not block more radiation. Lenses can come in different shades, such as amber, gray, or green, but it's up to personal preference which is best for you. Polarized lenses can help with glare coming off reflective surfaces, making activities like driving or water sports easier and more enjoyable.