

PROTECT YOUR EYES FROM ULTRAVIOLET RAYS

Many people don't realize the importance of protecting their eyes from the sun's harmful ultraviolet rays. Although you can't see it, you should always protect your eyes from overexposure to UV radiation. Always use polarized sun wear when outside. Even on a cloudy day, UV light from the sun can cause sunburn on the cornea of your eyes; it can also cause blurred vision, redness, and irritation. Proper sunglasses act as sunscreen for the eyes, blocking the same harmful rays that cause sunburn or skin cancer.

Eye experts say long-term exposure to UV radiation can accelerate the development of cataracts, the clouding of the eye's lens that blurs vision. By wearing polarized lenses you will protect your eyes from UV rays and cataracts. Women are at a higher risk of developing cataracts than men and diabetics are at a very high risk for developing cataracts.

When picking out polarized sunglasses, look for a sticker or tag on the glasses with the UV rating and make sure it says the lenses block 99 to 100 percent of UV-A and UV-B rays, both of which are harmful.

Some brands such as Maui Jim also protect against UV-C rays, a less common ultraviolet source, which are mainly blocked by the atmosphere's ozone layer.

Your eyes are important – let us help you find the right pair of polarized sunglasses!

If we do not have the style you want in the store, we will be happy to order it for you at no additional cost.

Visit the following websites for some of the hottest styles:

www.mauijim.com

www.costadelmar.com

www.kaenon.com

We look forward to helping you with all your eye care needs.

Please contact Premier Family Eye Care at (251) 446-3937 or (251) 368-9136 x 2404 for more information.

Premier Family Eye Care
5811 Jack Springs Rd.
Atmore, AL 36502
251.446.3937
251.368.9136 Ext 2400

