

May Is UV Awareness Month:  
Be Sun-wise With Your Eyes

For Immediate Release

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The same sun rays that lead to skin cancer and premature aging of the skin are just as bad for your eyes, according to Dr. Daniel L. Mason, Therapeutic Optometrist. The culprit is Ultraviolet (UV) Rays and because May is National UV Awareness Month, Dr. Mason encourages everyone to be “Sun-wise With Your Eyes”

“Unprotected exposure to UV radiation can cause photokeratitis, which is basically a sunburn of the eyes marked by painful, red eyes and a sensitivity to light,” Dr. Mason said. “The symptoms usually clear up quickly and cause no permanent damage to the eyes.” However, Dr. Mason added, growing evidence suggests that long-term exposure to UV rays can lead to macular degeneration and cataracts, serious eye conditions that can cause vision impairment or loss.”

Dr. Mason suggests the following to protect the eyes from serious damage:

- If at all possible, limit your time in the sun.
- Wear a wide-brimmed hat
- Wear sunglasses that filter 99% of UV rays

“Don’t forget the children,” Dr. Mason said. “Children are especially susceptible to eye damage from the sun. The lenses in their eyes do not block as much UV radiation as in adults. Follow the same precautions as you would for an adult, but be sure to choose sunglasses that fit their smaller faces, have impact-resistant lenses, and have lenses large enough to shield the entire eye.”

Dr. Mason owns and practices at Bonita Point Family Optometry located at 180 Otay Lakes Rd., Suite 201 in Bonita, CA and is a member of Vision Source, the nation’s number one network of private practice optometrists. Founded in 1991, The Vision Source network includes more than 2,300 offices in all 50 states and in Canada.

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