



PRESS RELEASE

TO: Editor in Charge

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FOR IMMEDIATE RELEASE

UVB RAYS ARE A RISK FACTOR FOR CATARACTS

Protect your Eyes from the Ultraviolet B Rays

(Honolulu, Hawaii), August 11, 2010 – Over the years, studies have shown that there is no safe dose of sunlight and exposure to ultraviolet B rays for your eyes and skin. Our eyes are very delicate, and need to be protected from the harsh rays, which are a risk factor for a number of eye conditions including cataract. Cataract can affect people of all ages, races, and of both sexes, but is more common in those over age 60. “Cataracts affect millions of Americans and are the leading cause of blindness worldwide,” said Christopher Tortora, M.D., of the Hawaiian Eye Center in Wahiawa. The American Academy of Ophthalmology has designated August as Cataract Awareness Month to get the word out that there are preventative measures for cataracts.

Cataract 101:

A cataract is the clouding of the eye’s normal clear lens, blocking or distorting light needed for vision. Cataracts progress slowly and may not be noticeable at first, but can worsen and affect vision more over time. Symptoms include a gradual painless blurring or vision, double vision in one eye, fading or yellowing colors, difficulty reading, frequent changes in prescription of eyeglasses and contact lenses, poor night vision, and sensitivity to light or glare.

Eyes need to be protected from the ultraviolet rays all year round. “It is never too late to start protecting your eyes,” shares Dr. Tortora, “as the change in the lens occurs over many years.” Protecting your eyes can be as simple as grabbing a pair of sunglasses. The most important aspect of a pair of sunglasses is that the lens is 100% UVA and UVB protecting.

Every family member should be wearing sunglasses every time they are outside. In Hawaii, the use of sunglasses should be year-round. There is no age too young to be wearing sunglasses. Along with cataracts there are a number of additional problems that can be caused from extensive exposure to ultraviolet rays, and by protecting your eyes from a young age you can help prevent trouble and maintain healthy vision for life.

Hawaiian Eye Center is Hawaii's leader in cataract care and is pleased to offer several types of advanced premium lens implants. Please call if your vision isn't what it used to be and let us tell you if you are a candidate for this revolutionary procedure.

Dr. Tortora, a board certified ophthalmologist, is host of “The Hawaiian Eye Show,” a weekly informational radio program about healthy vision. He and his colleagues at Hawaiian Eye Center are committed to educating the public about the importance of preventative eye care. To learn more about a variety of eye health issues, please call the Hawaiian Eye Center at 621-8488 where “*life has never looked better.*”

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