



PRESS RELEASE

TO: Editor in Charge

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FOR IMMEDIATE RELEASE

Sun Block Eyes from Harmful UV Radiation

Simple guideline to protect eyes from serious and long-term sun damage

(Honolulu, Hawaii), July 24, 2009 – With longer days, summer allows more time to be out and about enjoying the sun. Although skin care is especially important in the summer, don't forget that the eyes need protection as well from the blazing sun. Keep eyes safe from harmful UV-related damage this summer by following just a few simple steps.

Ultraviolet, or UV, light is invisible and can damage the skin and eyes. Hawaii is usually sunny throughout the year, but the sun is more intense during the summer increasing the risk of sunburn and eye damage up to three times.

“It's unfortunate to realize that there are so many people unaware of the dangers that UV radiation can cause to the eyes,” said Christopher Tortora, M.D, Medical Director at Hawaiian Eye Center in Wahiawa. “Cataracts, age-related macular degeneration (AMD), pterygium (a growth on the surface of the eye), and eyelid cancers are all eye related conditions caused by excessive exposure of the eyes to UV radiation.”

Intense and extensive exposure of the eyes to UV rays may also lead to sunburn causing redness and pain. Similar to sunburn of the skin, eye surface burns normally disappear within a few days, but may cause further complications in the future.

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Preventing long term eye damage due to UV radiation is easy. Simply wear a brimmed hat and a pair of sunglasses before heading out. Keep in mind that sunglasses must block 99% to 100% of all ultraviolet light, which includes UV-A and UV-B rays. They should also be impact resistant. Also, make sure the hat has a wide brim in order to prevent sunlight from shining in over glasses.

“It’s essential to continue practicing proper eye protection well beyond the summer months,” said Dr. Tortora. “Although it’s important to protect your eyes in the summer when UV light is most intense, remember that your eyes are at risk for sun damage year-round.”

When spending time out in the bright sunlight, don’t forget to take a few precautions to keep eyes safe and healthy. Sticking to these simple guidelines will ensure healthy vision for many more summers to come.

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 visit www.hawaiianeye.com or call the Hawaiian Eye Center at 621-8488 where “*life has never looked better.*”

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