



PRESS RELEASE

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DATE: May 12, 2014

FOR IMMEDIATE RELEASE

Recipe Attached



Keep Your Eyes Safe From the Sun This Summer

(Honolulu, Hawaii), May 12, 2014 – Summertime is just around the corner, and people will spend even more time outside doing the many activities Hawaii has to offer. More time outside means more exposure to the sun’s ultraviolet (UV) light, which can damage the eyes just as it damages the skin. May is designated Healthy Vision and UV Safety Month by the American Academy of Ophthalmology to remind people that UV rays can severely affect the eyes.

UV damage to the eyes tends to go unnoticed but accumulates over time, causing serious vision-related diseases. UV radiation from sunlight can burn the surface of the eyes directly or indirectly from reflections off the sand, water and pavement. Exposure to the sun is hazardous anytime of the day — even in overcast conditions — with UV radiation most severe from 10 a.m. to 4 p.m.

“UV exposure can lead to cataracts, macular degeneration, skin cancer around the eyes, and pterygium — an unsightly, noncancerous growth on the surface of the eye that can impair vision,” said Dr. Christopher Tortora, M.D., medical director of the Hawaiian Eye Center and Dry Eye Clinic.

Nearly 24.5 million Americans over the age of 40 have cataracts, according to the National Eye Institute. Almost 115,000 people in Hawaii alone suffer from the disease.

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Wearing sunglasses is the best way to prevent eye damage from the sun. No matter the style or cost, choose sunglasses with labels that state “100% protection” or “UV 400.” Wrap-around sunglasses that extend around the temples and a hat will add further protection from indirect sunlight.

Eye care professionals highly recommend that everyone — from children to adults — wear sunglasses year-round whenever they go outside. Protecting your eyes from harmful UV rays this summer is as simple as throwing on a pair of sunglasses and a hat.

Dr. Christopher Tortora, a board certified ophthalmologist, is host of “The Hawaiian Eye Show,” a weekly informational radio program about healthy vision broadcast live every Saturday at 8 a.m. on KHVH 830 AM/rebroadcast at 9 p.m. on KHBZ 990 AM. He and his colleagues at the 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 621-8448 or visit www.HawaiianEye.com and www.Facebook.com/HawaiianEyeCenter, where “life has never looked better.”

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