

PRESS RELEASE



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DATE: May 7, 2015

For Immediate Release

Photo Attached



May is UV Awareness Month *Protect Your Eyes From the Sun*

(Honolulu, Hawaii) May 7, 2015 – In Hawaii, it's pretty much beach weather all year long, which is one reason most of us are happy to call this place home. However, the more time you spend outside enjoying the sun, the more you're exposed to ultraviolet (UV) light. UV light isn't just damaging to the skin, but also damaging to the eyes. May is designated UV Awareness Month by the American Academy of Ophthalmology.

"Exposure to the sun is hazardous anytime during daylight hours even if there's an overcast," said Christopher Tortora, M.D., Medical Director of Hawaiian Eye Center. "However, UV radiation is especially severe from 10 a.m. to 4 p.m. UV radiation from sunlight can burn the surface of the eyes directly or indirectly from reflections off sand, water and pavement."

UV damage to the eyes often goes unnoticed but accumulates over time. 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. Age-related macular degeneration (AMD) is the leading cause of severe vision loss for those 50 years of age and older, and nearly 24.5 million Americans over the age of 40 suffer from cataracts.

The best way to prevent eye damage from the sun is by wearing sunglasses. 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 spending anytime outside," Dr. Tortora said. "Protecting your vision from harmful UV rays by throwing on sunglasses is both simple and effective."

Christopher Tortora, M.D., and Steven Rhee, D.O., are board-certified ophthalmologists at Hawaiian Eye Center. Dr. Tortora also hosts "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. Hawaiian Eye Center's dedicated doctors and support staff 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 621-8448 or visit HawaiianEye.com and Facebook.com/HawaiianEyeCenter, where "life has never looked better."

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