

## PRESS RELEASE



TO: Editor in Charge  
CONTACT: Janet Scheffer/Brandin Shim  
Mana Means Communications, (808) 521-1160  
DATE: July 25, 2017

### For Immediate Release

**\*Photo Attached**



## **UV Safety: Protecting Your Vision From the Sun**

**(Wahiawa, Hawaii) July 25, 2017** – Hawaii is blessed with year-round beach weather, which is one of the many reasons most of us are happy to call this place home. However, the more time you spend outside in the sun, the more you're exposed to ultraviolet (UV) light. UV light isn't just damaging to the skin, but it's also damaging to the eyes.

"Exposure to the sun is hazardous anytime during daylight hours even when it's cloudy," said Steven Rhee, D.O., Cornea Specialist at Hawaiian Eye Center. "UV radiation is especially severe from 10 a.m. to 4 p.m. and 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. Exposure to UV light can lead to cataracts, macular degeneration, skin cancer around the eyes, and pterygium—an unsightly, noncancerous growth on the eye's surface.

Age-related macular degeneration (AMD) is the leading cause of severe vision loss for those 50 years of age and older, with an estimated 11 million Americans affected by the disease. In addition, over 24 million Americans 40 and over 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 labeled "100% protection" or "UV 400." Wrap-around sunglasses that extend around the temples and a hat add further protection from indirect sunlight.

"Eye care professionals recommend that every one of every age wear sunglasses whenever spending anytime outside," Dr. Rhee said.

*Christopher Tortora, M.D., and Steven Rhee, D.O., are board-certified ophthalmologists at Hawaiian Eye Center. Dr. Tortora and Dr. Rhee also host "The Hawaiian Eye Show," a weekly informational radio program about healthy vision broadcast live every Saturday at 8 a.m. on KHVH 830 AM. Hawaiian Eye'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](http://HawaiianEye.com). "For over 40 years, life has never looked better."*

# # #