

## Ultraviolet Rays Can Damage Your Eyes And Vision



Sunglasses are much more than a fashion statement. They protect your eyes from dangerous ultraviolet (UV) radiation – an essential part of proper vision care that can help prevent serious medical conditions down the line. At your next annual eye exam, ask your doctor about protecting your eyes from long-term sun damage. With your Vision insurance from The Standard, you may also be able to purchase sunglasses at a discount.

### The Effects Of UV Exposure:

- The principal danger posed by the sun is in the form of ultraviolet radiation, which is a component of solar energy. Artificial sources – such as welding machines, tanning beds and lasers – can also emit UV radiation.
- The three types of ultraviolet radiation are: UV-A, UV-B and UV-C. UV-A and UV-B have adverse long- and short-term effects on your eyes and vision. UV-C is absorbed by the ozone layer and does not present any threat.
- If you are exposed without protection to excessive amounts of UV radiation over a short period of time, you may experience an effect called photokeratitis – essentially a sunburnt eye.
- Exposure to small amounts of UV radiation over many years may increase your chances of developing a cataract and may cause damage to the retina, which is the nerve-rich lining of your eye used for seeing. The retina damage is usually not reversible.
- The effects of UV radiation are cumulative: The longer eyes are exposed to UV radiation, the greater the risk of developing conditions such as cataracts or macular degeneration later in life.

### Sunglasses Can Help:

- Block 99–100 percent of both UV-A and UV-B radiation.\*
- Screen out 75–90 percent of visible light.\*
- Eliminate distortion and imperfection.\*

### What You Can Do To Protect Your Eyes:

- Wear sunglasses with gray, green or brown lenses.\*
- Select wraparound frames if you spend a lot of time outdoors.\*
- Choose polycarbonate lenses if you participate in hazardous work or sports.\*
- Schedule regular visits to your optometrist or ophthalmologist to help you monitor your eye health and maintain good vision.\*



**Talk to your eye care professional about what you should be doing to protect your eyes from UV rays. Schedule regular check-ups – annual eye exams can help detect damage and disease before symptoms arise.**

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