



Check in for an eye check-up

Your eyes need regular check-ups too. Check in for an eye examination with your optometrist because you may not know when you have an eye problem. Your optometrist will look for eye conditions or abnormalities, test your vision and focusing, and look for general health problems that may also be diagnosed by looking at the eyes.

The earlier UV-related conditions such as macular degeneration are detected, the better the chance of effective treatment.

A regular eye examination takes about half an hour and attracts a Medicare rebate, so check in now.

5 ways to avoid UV damage

- 1 Always use UV protective lenses in combination with other UV protection measures such as remaining in the shade, wearing a hat and sunscreen.
- 2 Make UV eye protection part of your everyday routine, even on days when you feel the sun's rays may be less harmful.
- 3 Reduce UV exposure as much as possible.
- 4 Wear a broad-brimmed hat. It can reduce the amount of UV reaching your eyes by 50 per cent.
- 5 For sport, consider durable, glare reduction sunglasses or UV protective contact lenses.

YOUR OPTOMETRIST



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This brochure is produced by Optometrists Association Australia in the interest of the visual welfare of the Australian people.



U are Vulnerable

Always use UV protective lenses in combination with other UV protection measures

Your optometrist can give you the best advice to suit your lifestyle.

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UV exposure and your eyes

You may be aware of the dangers of UV exposure to your skin, but are you aware that your eyes are vulnerable to UV damage anytime of the day, anytime of the year?

Accumulated UV exposure to your eyes can lead to cataracts, macular degeneration (a leading cause of blindness), pterygium (a fleshy growth on the eye), solar keratopathy, and skin cancer of the eyelids and around the eyes. Even short bursts of unprotected UV exposure can lead to eye pain, irritation and sensitivity to light. All UV eye exposure, regardless of how short, adds up in the long term.

UV radiation levels are three times higher during summer than in winter. Higher levels of UV are also experienced at high altitudes such as at ski fields and when light is reflected off a surface such as water or snow.



Are your sunglasses up to standard?

The quality of sunglasses does not necessarily relate to their darkness or cost so you must check the label to ensure they meet Australian Standards. Sunglasses that fit well and transmit very little UV radiation will ensure your eyes are protected.

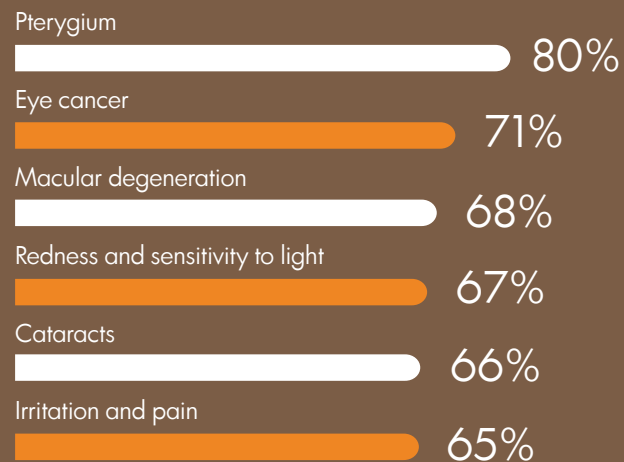
For the best UV eye protection, choose sunglasses that:

- ▶ Meet Australian Standards for UV protection by checking that they are labelled as category 2, 3 or 4
- ▶ Are marked EPF (Eye Protection Factor) 9 or 10
- ▶ Have a bridge setting as close to your eyes as possible without touching your eyelashes
- ▶ Have side protection (wrap-around style) to block outside glare

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Always protect your eyes from harmful UV rays

Are you aware of the risks?



Percentage of people who were uncertain about the eye health risks associated with spending too much time in the sun without proper protection. *PureProfile survey September 2010 – 1,000 people surveyed.*

It is particularly important to wear suitable UV protective lenses all the time and have your eyes tested regularly or as advised by your optometrist.

Adding a UV protective coating to your prescription lenses, buying prescription sunglasses or buying sunglasses that can be worn over your glasses is a great way to reduce your UV exposure. Some contact lenses also have built-in UV protection, but it is recommended that you still wear sunglasses over the top to protect the rest of the eye.

Always use UV protective lenses in combination with other UV protection measures such as remaining in the shade, wearing a hat and sunscreen.

Your optometrist can give you the best advice to suit your lifestyle.

EPF IS SPF FOR THE EYES

The Eye Protection Factor (EPF) is to non-prescription sunglasses what the Sun Protection Factor (SPF) is to sunscreen. EPF is a scientifically applied rating designed to help you compare the efficiency of sunglasses protecting your eyes from UV. Ensure your sunglasses are labelled as offering EPF 9 or 10. Sunglasses labelled EPF10 exceed the requirements of the Australian Standard and may provide even greater protection.