HERE COMES THE SUN

When it comes to the long-term vision risks of exposure to ultraviolet (UV) rays, Americans are not well-informed. To help optometrists better inform patients, the AOA created the SUN Initiative in partnership with the Opticians Association of America and with support from Luxottica and The Vision Council.

Prepare patients for fun in the sun—and the dangers of overexposure—with these UV stats.

UV RAYS ARE STRONGEST BETWEEN 10 A.M. AND 4 P.M.

SAND AND WATER AT THE BEACH CAN REFLECT AN ADDITIONAL 25% OF UV RAYS.

UV RAYS ARE NATURALLY FROM THE SUN AND EXIST IN THREE FORMS:
• ULTRAVIOLET A (UVA)
• ULTRAVIOLET B (UVB)
• ULTRAVIOLET C (UVC)

ALTHOUGH UVB RAYS ARE MORE INTENSE, UVA RAYS ARE 30 TO 50 TIMES MORE PREVALENT.

UV RAYS LEVEL INCREASES BY ABOUT 4% FOR EVERY 1,000-FT. RISE IN ELEVATION.

SNOW-COVERED SURFACES REFLECT AS MUCH AS 8% OF UV RAYS, WHICH ADDS TO THE EXPOSURE.

YOUR EYES AND OCULAR SURFACES ARE MOST AT RISK FROM 8 A.M. - 10 A.M. AND FROM 2 P.M. - 4 P.M., WHEN THE SUN IS RELATIVELY LOW IN THE SKY.

LENSES THAT BLOCK OUT 99 TO 100% OF BOTH UVA AND UVB RAYS.

BUYING SUNGLASSES FOR CHILDREN, TOO.
CHILDREN RECEIVE UP TO 3 TIMES THE ANNUAL SUN EXPOSURE OF ADULTS, YET FEW EVER WEAR SUNGLASSES.

THE AOA RECOMMENDS

LENSES THAT SCREEN OUT 75 TO 90% OF VISIBLE LIGHT.

UVA RAYS ACCOUNT FOR UP TO 95% OF UV RADIATION.

UV Risks: UV rays come naturally from the sun and exist in three forms:
- Ultraviolet A (UVA)
- Ultraviolet B (UVB)
- Ultraviolet C (UVC)

Although UVB rays are more intense, UVA rays are 30 to 50 times more prevalent.

UV radiation level increases by about 4% for every 1,000-ft. rise in elevation.

Snow-covered surfaces reflect as much as 8% of UV rays, which adds to the exposure.

Your eyes and ocular surfaces are most at risk from 8 a.m. - 10 a.m. and from 2 p.m. - 4 p.m., when the sun is relatively low in the sky.

Lenses that block out 99 to 100% of both UVA and UVB rays.

Buying sunglasses for children, too. Children receive up to 3 times the annual sun exposure of adults, yet few ever wear sunglasses.

The AOA recommends lenses that screen out 75 to 90% of visible light.

UVA rays account for up to 95% of UV radiation.

Starry-Eyed Girl/istockphoto