



Don't fry  
your eyes.

# UV Protection.

## Ultraviolet radiation and your eyes.

While most of us take some measures to protect our skin from ultraviolet (UV) radiation, many New Zealanders fail to regularly protect their eyes from UV damage.

All exposure to UV radiation, regardless of how short, adds up in the longer term.

Accumulated UV exposure can lead to cataracts, macular degeneration (a leading cause of blindness), cancer and pterygium (a fleshy growth on the cornea). Even short bursts of unprotected UV exposure can lead to pain, irritation and sensitivity to light.

It's never too early or late to start protecting your eyes from harmful UV radiation. Make protecting your and your children's eyes part of your daily routine.

## How to avoid the effects of UV radiation.

Stay out of the sun between 11am and 3pm when the sun's effects are strongest.

Make UV protection, including sunglasses or Transitions® lenses, part of your everyday routine.

Ensure your eye protection meets NZ standards.

Wear a hat. A broad-brimmed hat will protect your head from sunburn and reduce by half the amount of UV reaching your eyes.

If you have an existing lens prescription, check that your sunglasses prescription is also current.

Use Transitions lenses that automatically adjust to changing light conditions and provide convenient UV and glare protection for prescription lens wearers.

## Some hard facts on eye health.

- More than 70,000 New Zealanders aged 40 years and older have glaucoma. At least half do not know they have it. Untreated, glaucoma will cause loss of sight.
- Twenty-five thousand New Zealanders have already lost sight due to Age Related Macular Degeneration (ARMD) and a further 2,000 are developing the disease each year.
- Around 81,500 New Zealand adults and 13,200 children are already legally blind or have a sight impairment that cannot be corrected by glasses or contact lenses.
- Up to 20% of children may have blurry vision that can easily be corrected by glasses or contact lenses. Without correction they may struggle in the classroom, playing sports, using a computer, riding a bike, or texting their friends.
- Impaired vision can lead to falls, poor health, and higher levels of depression.
- People with diabetes are at risk of developing diabetic eye disease which can cause blindness.



Melanoma



Cataract



Macular Degeneration

# Eye Protection.

## Expert advice.

Choose eye protection that best suits your lifestyle. Your optometrist can give you the best advice about suitable UV protection and the value of proactive eye care.

Sunglasses don't need to be expensive. As long as the sunglasses fit well and meet New Zealand Standards your eyes will be protected.

Have your eyes examined regularly or as advised by your optometrist. The earlier UV-related conditions such as macular degeneration are detected, the better the chance of effective treatment.

Many sight-threatening eye conditions, including glaucoma, can develop rapidly with no symptoms. See your optometrist for an eye health check today.



**For information about vision and eye care  
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