
Improving Quality of Life



July is UV Safety Month



With summer here, people are more likely to spend time outside. This increases the potential risk of damage to the eyes from the sun's ultraviolet rays.

DID YOU KNOW....

- 97% of UV radiation is absorbed by the anterior structure of the eye
- UV radiation can cause burns to the eye's surface
- UV radiation can lead to cataracts and age-related macular degeneration

WHO'S AT RISK?

- All age and ethnic groups
- History of cataract surgery or retinal disorders
- Certain medications (tetracycline, sulfa drugs, diuretics and tranquilizers)

PREVENTATIVE MEASURES

- ☀️ Wear sunglasses that offer full UV protection (i.e. Wraparound design to limit peripheral entry of sunlight rays)
- ☀️ Wear a brimmed hat (will block up to 50% of UV rays)

- ☀️ Remain indoors during peak hours (10a.m. to 3 p.m.), which is when risk is greatest
- ☀️ Visit your eye doctor regularly

SUN RELATED EYE DISEASES

Cataract- cloudiness of the lens inside the eye that develops over a period of many years. Cataracts block light needed for sight. Surgery restores sight in more than 95% of cases treated.

Signs/symptoms of *cataracts*:

- Blurred/double vision
- Sense of "film" over the eyes

Age-related macular degeneration- loss of the macula, which is part of the retina responsible for sharp and central vision needed for reading and driving. There is no cure but some laser treatments are available and can help.

Signs/symptoms of *AMD*:

- Straight lines appear wavy
- Dark or empty spaces may block the center of your vision
- Blurry when reading



Prevent Blindness America Vision Health Resource Center
1-800-331-2020

Source: Prevent Blindness America,
preventblindness.org

Care Partners Home Health, Inc. is a certified Medicare provider offering:

• skilled nursing • physical therapy • occupational therapy • speech therapy • medical social services • home health aides •

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