

UV Damage

In recent years, it has been shown that just like sunburn and skin cancers, exposure to ultra-violet (UV) radiation also causes eye damage.

Excessive UV exposure has become an increasing problem since the depletion of the ozone layer.

The Effects on the Eye

These adverse effects occur after exposure to ultra-violet radiation over many years. The results in the eye include cataracts, pterygium and sight damaging retinal changes.

The Need to Protect

Protection from the effects of UV is generally recommended if you work outdoors, enjoy outdoor recreations, or live in a sunny climate.

UV exposure is further increased on water, the beach or snow.

UV Eye Protection

The simplest way to protect your eyes from UV is to avoid it. Fortunately, a special lens coating can now filter out more than 99% of UV rays in the critical range (below 400nm).

More information

For more information on UV damage to the eye please contact Eyecare Plus Clifton Beach on (07) 4059 1444 or [click here to make an appointment online](#).