

# ULTRA VIOLET UV Light

## WHAT IS UV LIGHT ?

The main source of UV light is the **SUN**. It is part of light but our eyes cannot see it.

UV light is also emitted from Sunbeds

## INTERESTING FACT !

Although we can't see Ultra Violet Light some insects such as Bumblebees can.

## THERE ARE 3 TYPES OF UV LIGHT

- **UVA** this causes **Aging** to our eyes and skin.
- **UVB** this causes **Burning** of our skin - sunburn!
- **UVC** this causes **Cancer**! Fortunatley the Earth's atmosphere filters out most UVC.

Welding torches and Mercury lamps emit UVC so protection must me worn.

**UVC** lamps are used as sanitisers for the COVID 19 - **NEVER** look at these lamps.

## HOW DOES UV LIGHT EFFECT US

UV light causes sunburn. Sunburn is a sign that the DNA in our skin cells have been damaged by UV radiation. Damage to our DNA can build up over time, and this can lead to skin cancer. Some people are more at risk than others. However, getting sunburn doesn't mean you will definitely develop it, but you should always take care.



## UV LIGHT & OUR EYES

UV light can also have a detrimental effect on your eyes, Overexposure to UV light is one of

including cataracts damage to the cornea (the front of the eye) and probably contributes to macular degeneration.



## UV LIGHT CAN BE HELPFULL

UV light in moderation is good for our health. When our skin is exposed to UV light we produce Vitamin D which is essential for the formation of strong bones. There is also increasing evidence that spending time outdoors can help reduce the development of myopia (short-sightedness) in children.



## PROTECTION FROM UV LIGHT

There are many different things you can do to protect yourself from UV light without too much trouble. Try to stay out of the sun when it's at its strongest. When this isn't possible, you should take extra precautions - use sun cream, and wear protective lenses. Clothing, such as wide brimmed hats can also help. Protecting the eyes of children with sunglasses is as important as protecting their skin with Sun Cream



## SUNGLASSES

Sunglasses are extremely important for protecting your eyes from the possible damage caused by UV light. Make sure they have full UV protection. The density of the tint is no indication of protection they offer against UV light. Fake "Designer Sunglasses" often have little or no UV protection.



## PHOTOCHROMIC LENS TECHNOLOGY

When you are going from indoors to outdoors Transitions lenses from Essilor automatically adapt to light so you don't have to. The light intelligent technology protects your eyes by blocking 100% of UVA and UVB light rays.



## OTHER LENSES

UV protection doesn't only have to be on tinted lenses, even optically clear lenses can have added UV protection applied providing you with optimal UV protection all the time.

Some contact lenses can now give you excellent UV protection.

## CHECK YOUR LENSES

If you are concerned that your sunglasses or spectacles do not have full UV protection - give us a call and we will be happy to check them with our UV lens analyser.

## PROTECT YOUR EYES

There are many different ways to protect yourself from UV light with UV protecting spectacles, Sunglasses and Contact lenses

Next time you put on Sun Screen, think about your eyes as well



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