

InSight

UV Protection & Eye Health

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Many individuals believe that sunglasses are only necessary when the sun bothers them. Even though one might not be as sensitive to sunlight, they still need to protect their eyes from harmful UV-A and UV-B rays. Most are aware of the harm UV radiation can do to the skin, but many may not realize that exposure to UV radiation can harm the eyes. If your eyes are exposed to excessive amounts of UV radiation over a short period of

time, you are likely to get photokeratitis also known as sunburn of the eye. Photokeratitis can also be caused from welding. Symptoms can include red eyes, foreign body sensation, extreme sensitivity to light and excessive tearing. Long-term exposure to UV radiation can increase the chances of developing cataracts and macular degeneration. It can also cause Pterygium or Pterygium which are changes in the whites of

your eyes.

Eye protection is not only necessary in the summer months, but all year round as snow/ice can reflect harmful UV rays. The Opticians at Roberts Eyecare will help you select the best type of UV protection for your entire family. At Roberts Eyecare we not only have a large selection of sunglasses but also provide the latest lenses that offer the best UV protection.

What are Floaters/Spots?

Floaters:

- threadlike strands
- squiggly lines
- cobwebs

Many people have seen spots or things floating in their line of sight which appear as specks of various shapes and sizes, threadlike strands, squiggly lines or cobwebs and have wondered what they are or why you see them. These spots/floaters are small, semi-transparent or cloudy specks found in the vitreous, which is the space inside your eye between your retina and the lens. This space is filled with a clear, jelly-like fluid. Since the floaters are

within your eyes, they move as your eyes move. They also may be more obvious when looking at a bright, uniform field of vision such as a white wall or a clear sky.

Floaters are often caused by small flecks of protein or other matter trapped during the formation of your eyes before birth. They can also result from deterioration of the vitreous fluid, due to aging; or from certain eye diseases or injuries. Most floaters are not harmful and

rarely will they limit your vision. In some cases the floaters can be indication of more serious problems such as an infection, inflammation, hemorrhaging, retinal tears or injury to the eye. If you notice sudden changes or see an increase in floaters then you should be seen by an eye doctor at Roberts Eyecare. The doctor can determine if what you are seeing is harmless or a more serious problem that requires treatment/referral.