



ROBERTS EYECARE

InSight

20/20 Vision

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Visual acuity or clearness of vision is usually measured using black characters on a white background at a standard distance. The term 20/20 is used to express "normal" visual acuity measured at 20 feet. For example a person with 20/20 vision would be able to see a certain object or character clearly at 20 feet, while a person with 20/100 vision would have to stand five times closer to see that

same object or character. In order to obtain a drivers license in the United States, vision of at least 20/40 is required.

While being able to see "20/20" is the standard we set for good vision, it does not necessarily mean perfect vision or that your eyes are healthy. One can still have cataracts, macular degeneration, glaucoma, dry eyes, etc. and still be able to see 20/20. So the

health of one's eyes are an important factor in being able to see 20/20. There are other important aspects of your vision including peripheral or side vision, eye coordination, depth perception, focusing ability and color vision. The doctors at Roberts Eyecare will be able to help you reach your full visual potential through a comprehensive eye examination.

What are polarized lenses?

Advantages of polarized lenses:

- Eliminates blinding glare
- Eliminates disabling glare
- Increases contrast
- Being able to enjoy the outdoors!

Polarized lenses are a type of lens used in sunglasses to reduce glare from highly reflective surfaces such as a lake while fishing, or off the hood of a car while driving. These types of lenses act similar to how venetian blinds control sunlight through a window. Polarized lenses completely block UV rays, providing 100% UVA/UVB protection, reducing potential vision damage. Every year 3.2 million people go blind from UV from prolonged UV

exposure of the 20 million people with cataracts, an estimated 20% may be due to prolonged UV exposure.

Sunlight itself is not polarized – it is polarized after it is reflected off a surface. By placing the polarizing film in the opposite orientation of the polarized light, this eliminates disabling and blinding glare caused by sunlight bouncing off flat surfaces. Besides benefiting recreational

fishermen and drivers, having a pair of polarized sunglasses will allow you to enjoy all of the outdoor activities upstate New York has to offer. Whether it be skiing, biking, golfing or jogging, polarized sunglasses will allow for clearer, glare-free vision. Ask the doctors and opticians here at Roberts Eyecare if polarized lenses would be appropriate for you!