



UV and the Eye



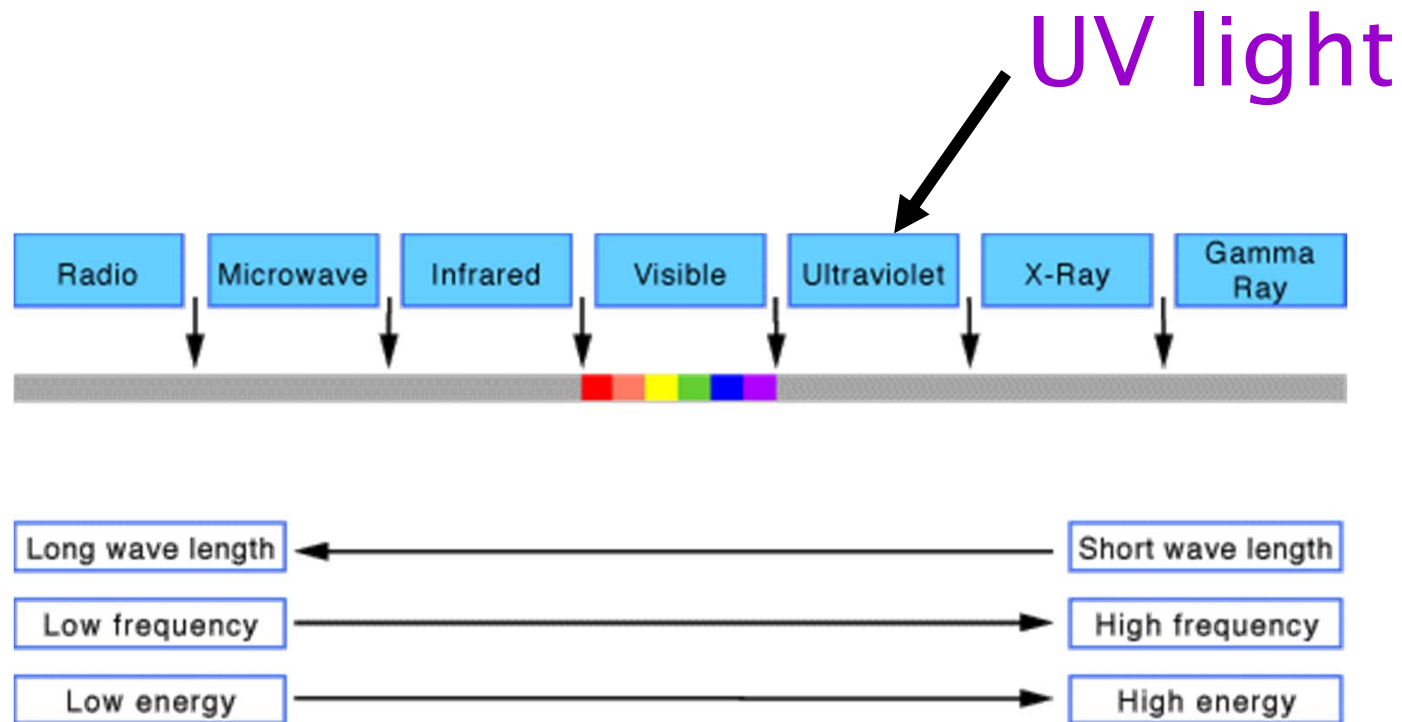
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Ultraviolet light has many effects on the eye



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UV is a high frequency light that is not visible





Eye damage thought to be caused by UV radiation

- cataracts
- pterygium
- cancer of skin around eye
- photokeratitis
- corneal degenerative changes
- ?age-related macular degeneration



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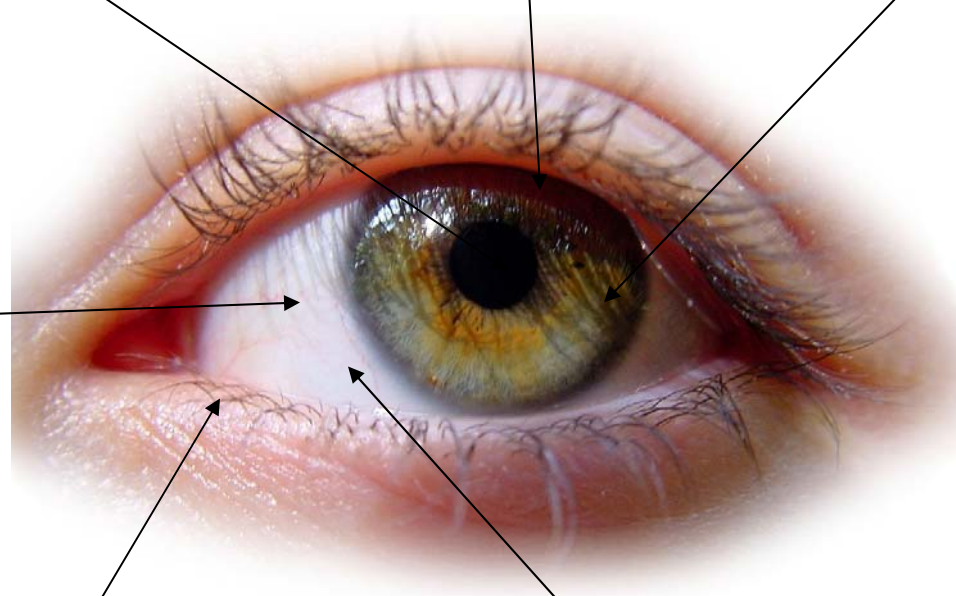


pupils

cornea

iris

sclera



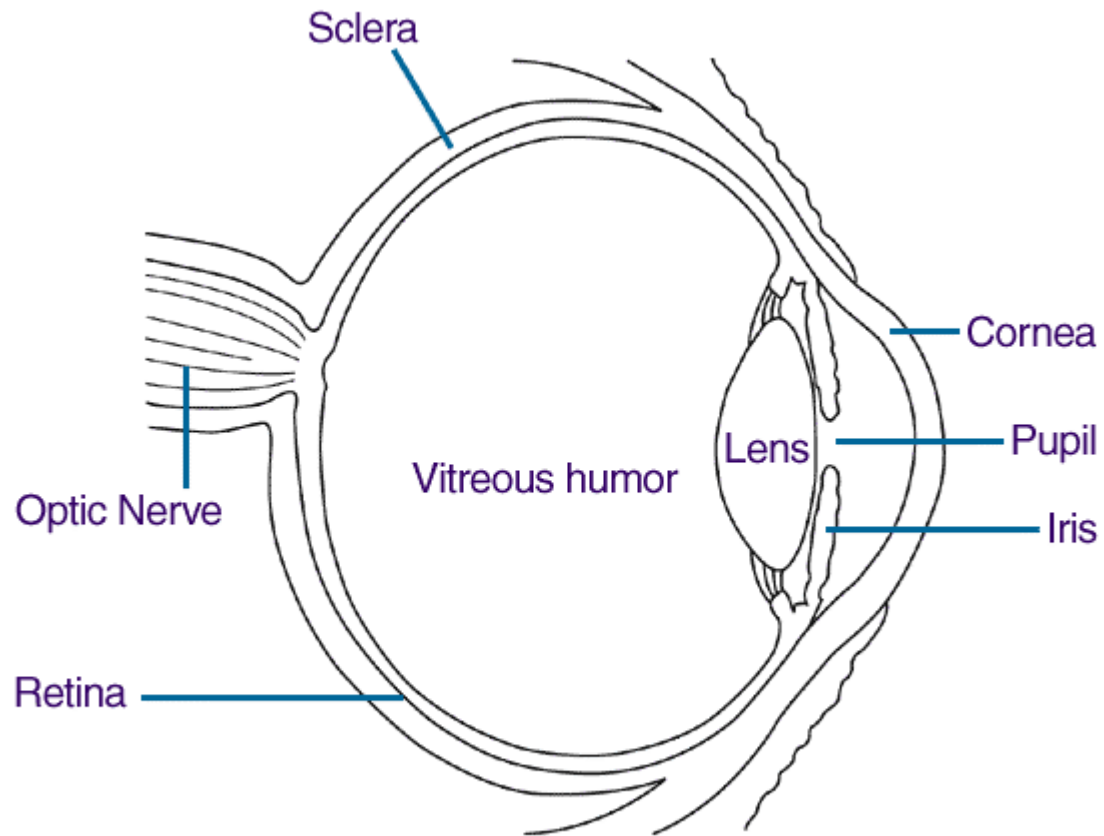
Lid
margin

conjunctiva



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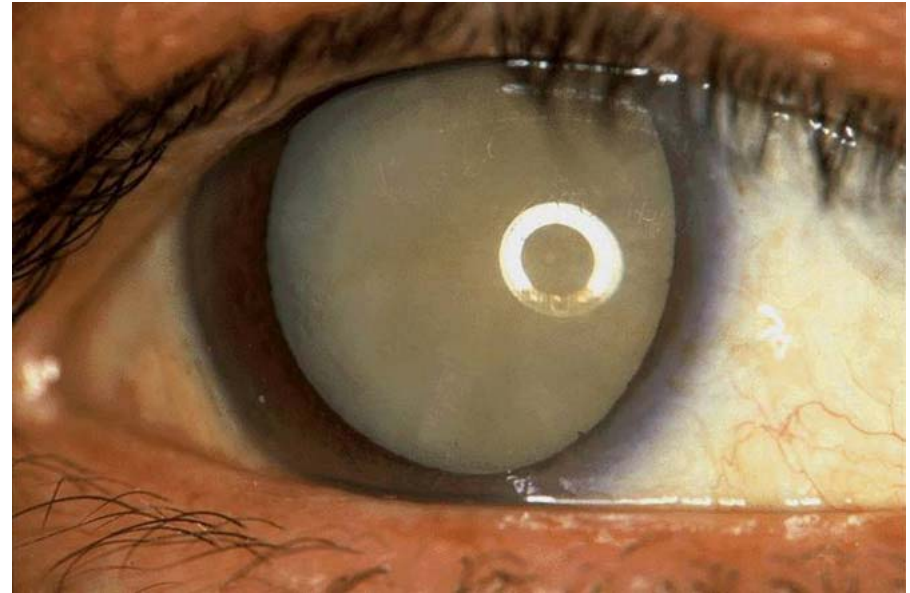
UV light can be absorbed by the cornea



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Cataract

- Clouding of lens inside eye
- Usually gradual loss of vision
- Very common after age of 60 years
- Treatment is operation



Pterygium

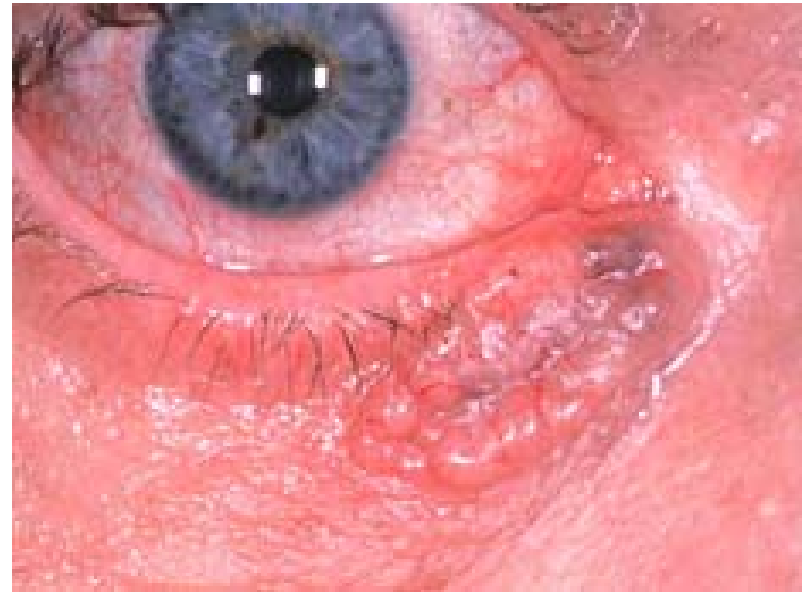
- Like “skin” growing onto cornea
- bumpy surface causes irritation and redness
- remove if close to centre of eye (danger to vision)



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Lid lesions

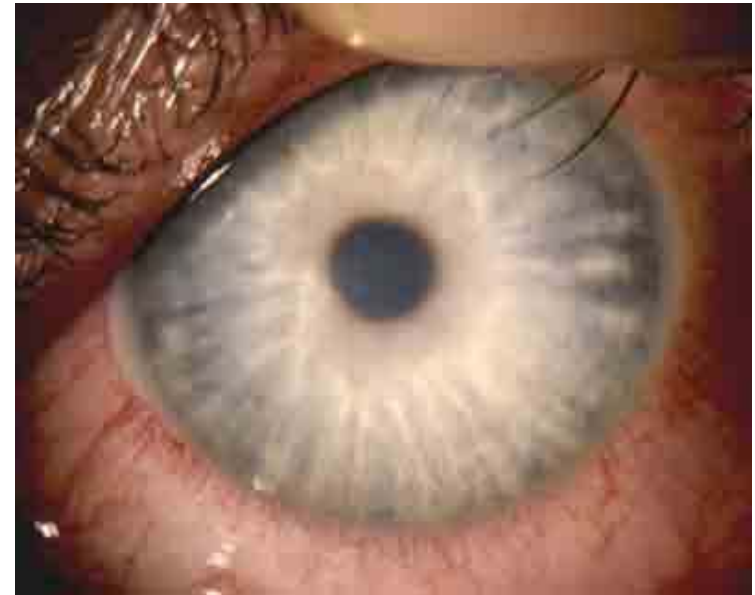
- Likelihood increases with age
- Look for any change in size
- Any new lesions should be checked ASAP



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Photokeratitis

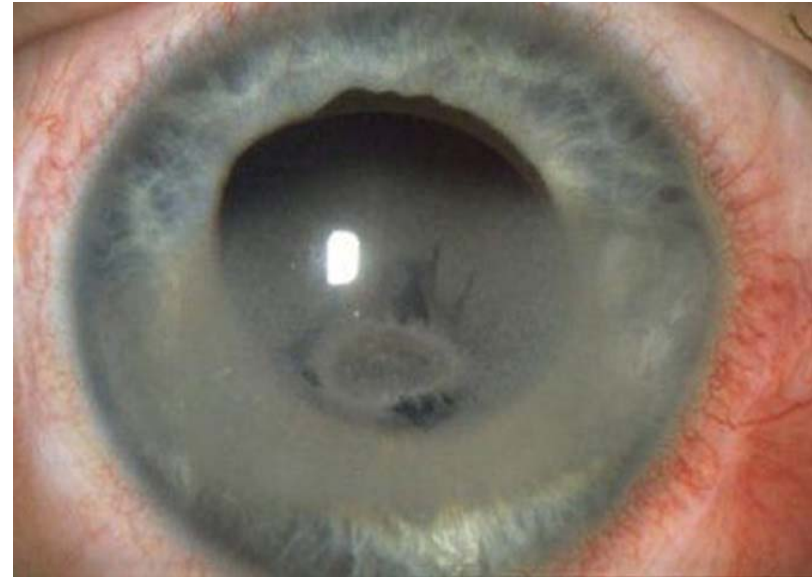
- Occurs when exposed to large amount of UV (skiing, watersports)
- Pain, watering, red eye
- Easily prevented with eye protection



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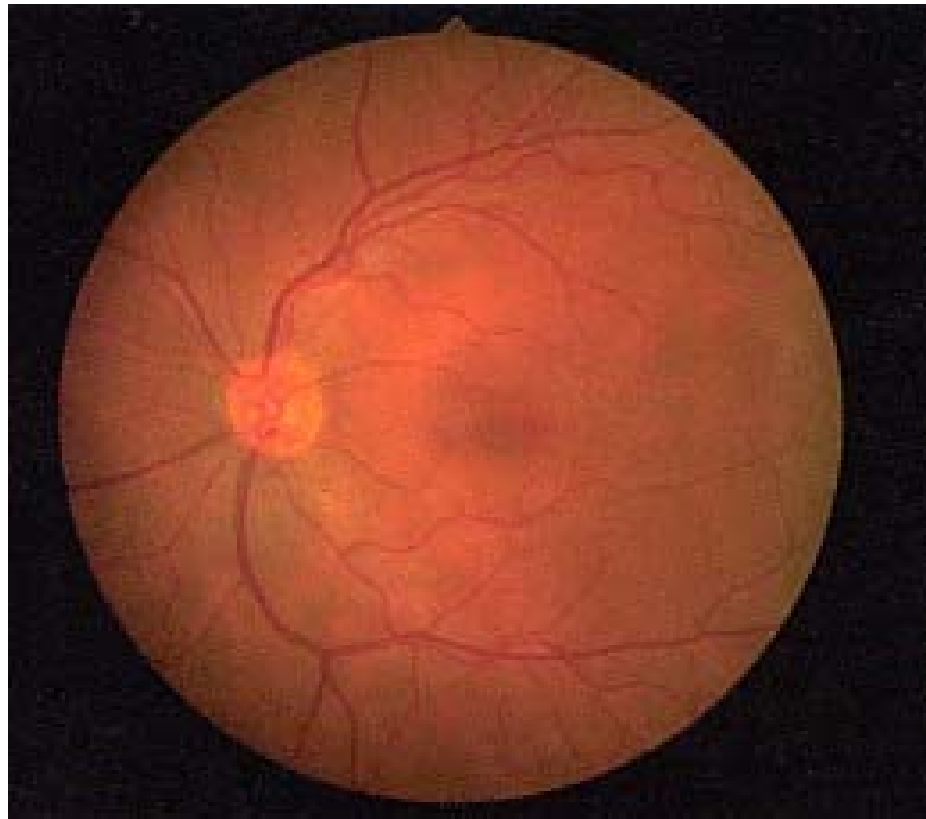
Corneal degenerations

- Can be from build up of UV over the years
- Cause pain, tearing, redness, light sensitivity
- Difficult to treat



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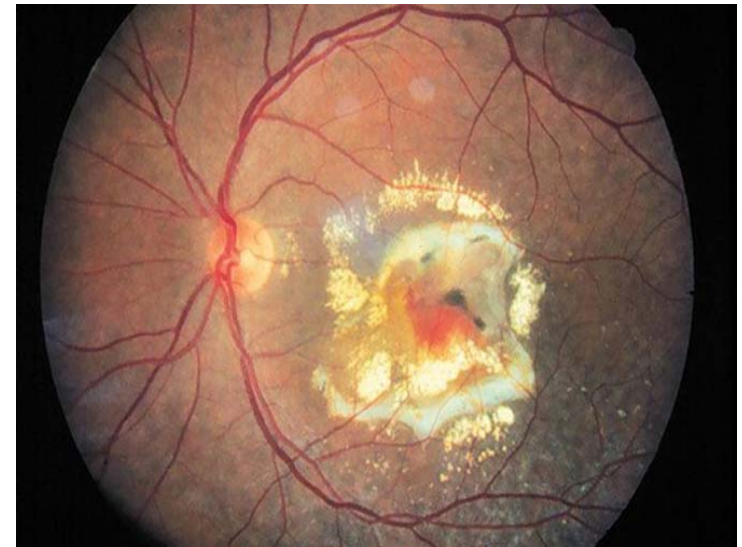
UV light can be absorbed by the retina



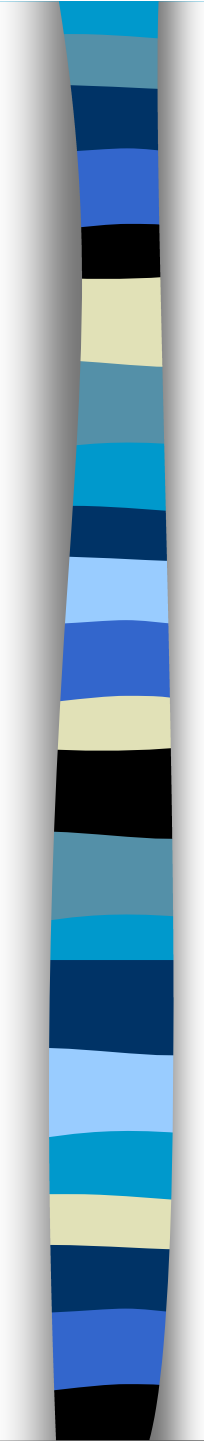
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Age-related macular degeneration

- Deterioration of central retina
- Affects close vision
- Distorted vision, patches missing
- Some treatment is available



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To protect your eyes from UV light you can

- Wear sunglasses
- Wear a broad brimmed hat
- Have a UV coating on your glasses
- Wear contact lenses with UV guard



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Sunglasses

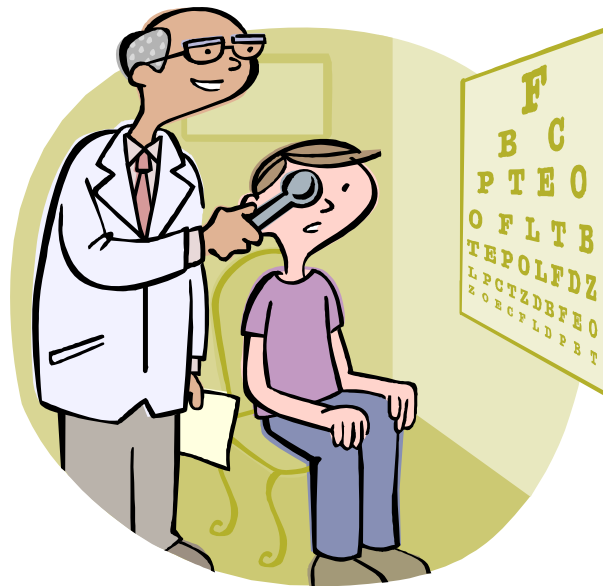


- Wrap around is good
- Need to comply to Australian standards
 - General purpose
 - Specific purpose
- UV protection unrelated to price
- “Choose a colour tint that is comfortable



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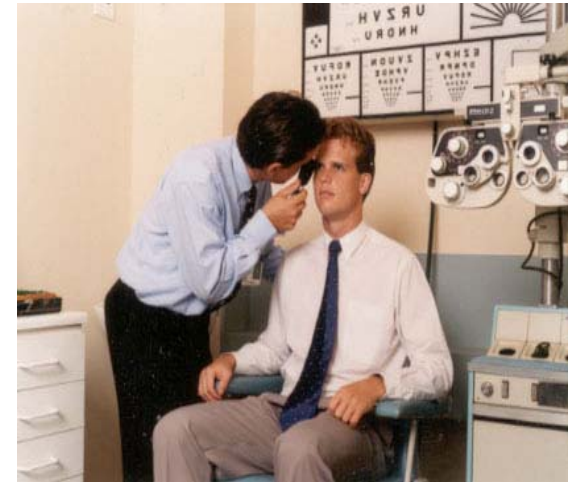
Your optometrist will be able to advise you on any UV related eye conditions



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Optometrists

- Detect and diagnose problems with eye health
- Prescribe glasses or contact lenses, if required
 - Diagnose and treat problems with focusing



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Optometrists

- Are university educated and regularly undertake continuing professional education
- Tests are covered by Medicare
- No referral is required





To find an optometrist

- Yellow pages
- Optometrists Association Victoria
www.vicoptom.asn.au
03 9486 1700