



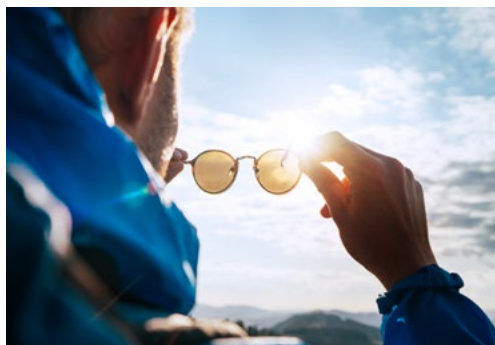
PATIENT NEWSLETTER
JANUARY 2022

See

Celebrating
a World
of Vision

EYE TECH

Polarized Sunglasses: Are They Right For You?



Polarized sunglasses help block glare from light that reflects off of flat surfaces better than any other type of sunglass lenses. This makes these glasses very popular among people who spend a lot of time outdoors, on the road, and near the water. These sunglasses can also be helpful for driving because they reduce direct reflective glare from the hoods of cars and light-colored pavement. In addition, people who are sensitive to light, such as someone who has undergone cataract surgery, can benefit from polarized sunglasses.

Comparing Sunglasses

Polarized sunglasses help to decrease eye strain and discomfort in bright sunlight. If you enjoy an outdoor lifestyle or spend lots of time around bodies of water, these sunglasses can help you enjoy glare-free eye protection. However, it's important to keep in mind that boaters and pilots may experience problems when viewing LCD displays on instrument panels. This is an important consideration when it comes to making swift decisions based strictly on information displayed on an LCD screen.

While polarized sunglass lenses improve comfort and visibility, there are times

when these lenses *should not* be used. For example, if you're downhill skiing, you would do better by actually seeing bright patches of reflected light because they alert you to icy conditions. With polarized lenses, you may also find it more difficult to see the screen on your phone.

Other Considerations

Polarized sunglasses with progressive lenses are a great choice for people older than 40 years of age who spend significant time outdoors. Polarized sunglasses with transitions photochromic lenses would be a good choice if you're frequently in and out of the sun on any given day. Another advantage to using polarized lenses is they can significantly improve your ability to see objects below the surface of a lake, stream, or the ocean. This is a great benefit for fans of fishing and boating.

To get the best comfort and performance with polarized sunglasses, ask your eye doctor about having anti-reflective coating applied to the backside of the lenses. This will get rid of distracting reflections from the back surface of your sunglasses when the sun is behind you.

Importantly, not all polarized sunglasses provide protection from UV rays. As such, be sure to find out if your sunglasses—polarized or not—will block 100% of UV rays, including UVA and UVB.

Make the Move

The first step to getting the best vision possible with polarized sunglasses is to schedule an eye exam. Even if you have a minor eyeglass prescription, it's important to correct your outdoor vision with prescription polarized lenses. This will help you see as clearly and comfortably as possible in bright sunlight.

INSIGHTS

Eye Color Percentages Around the World

According to worldwide estimates, the vast majority of people—70% to 90%—have brown eyes, making it the most common eye color for people. Blue eyes are the second most common eye color globally, with a prevalence range of 8% to 10%. Approximately 5% of the world's population has hazel or amber colored eyes. Only 3% of the world has gray colored eyes and 2% has green eyes.



Heterochromia, which is when a person has two different eye colors, affects less than 1% of people throughout the world.

It should be noted that many babies born with blue eyes will experience a change in eye color as more pigment builds up over their first few months. In fact, a baby's eyes might become less blue or even turn brown, but changes in eye color tend to stop by the time they reach 12 months of age.



Q: What is heterochromia?

See answer on back.



EYE ALLERGENS ARE OUT THERE

ALL DAY & NIGHT

EYE ALLERGY ITCH RELIEF IS HERE

The first and only
24-hour eye allergy
itch relief drop available
without a prescription.



© 2021 Alcon, Inc. WAT05-PTD-2100124

EYE-DROPS

Eagles have the ability to see colors more vividly than humans can. They can even see ultraviolet light and pick out more shades of one color. Their ability to see UV light allows them to see the bodily traces left by their prey. No wonder we call people with great vision "Eagle Eyes."



THANK YOU TO OUR NEWSLETTER SPONSORS

Alcon



BAUSCH+LOMB
See better. Live better.

BAUSCH+LOMB
Specialty
VISION PRODUCTS

Johnson & Johnson VISION



SCEYENCE

The Healing Stages of a Black Eye



A black eye is a bruise that develops around the eye, usually in response to a blow to the head or face.

Black eyes heal in 4 stages:

Stage 1

Oxygen-rich blood pools at the site of the injury, creating a bump that may appear red or purple

Stage 2

The body begins to break down hemoglobin, which carries oxygen. As the pooled blood loses oxygen, the bruise may turn blue or purple

Stage 3

The body continues to break down the pooled blood. After 5 to 10 days, the bruise may turn green or yellow in a person with lighter skin

Stage 4

After 10 and 14 days, the bruise may turn light brown or the color may not be noticeable

Most black eyes heal on their own within a few weeks. In the meantime, home care strategies like ice packs and over-the-counter pain medications can help.

If there's no clear cause to the black eye or if it's not healing, talk to your doctor.



EYE-Q

Answer to Eye-Q (from page 1):

Heterochromia is when a person has two different eye colors.

Contact

Tara O'Grady
tara@alldocsod.com

Heather Kreidler
hkreidler@foxyecare.com