

# Sunlight Induced Eye Health Concerns

<b>What's effected by over-exposure to sunlight</b>	<b>How sunlight exposure effects your short-term eye health</b>	<b>How sunlight exposure effects your long-term eye health</b>
<b>Eyelids</b>	Sunburn, redness, blistering, discomfort	Wrinkles, crow's feet, 10% of all skin cancer
<b>Conjunctiva</b> (loose mucous membrane that lines the white of your eye)	Dry, Irritation, Inflammation, blood shot, discomfort	Abnormal thickening and yellowing of tissue
<b>Cornea</b> (the clear window on the front of your eye)	Sunburn of the eye's surface, painful, extreme light sensitivity, temporary blindness	Breakdown in the delicate balance of the cornea leads to loss of tissue's clarity, foggy vision
<b>Crystalline Lens</b> (focusing lens inside the eye)	Premature yellowing and stiffening of the lens	Poor color recognition, foggy vision, Cataracts
<b>Retina</b> (light sensitive layer at the back of the eye)	Bleaching of retinal chemicals, severely impaired night vision	Macular degeneration, central vision loss