

3 QUESTIONS YOU NEED TO ASK OUR EYE DOCTOR.



CAN I GET CATARACTS?
YES...

All of our sunglasses have a built in Ultra Violet filter to protect your eyes from the burning rays of the sun and slow the progression of cataracts.



CAN I PROTECT MY LIDS FROM PREMATURE AGING, WRINKLES AND SKIN CANCER?

YES...

The delicate skin of the lids is particularly susceptible to wrinkles, 10% of all skin cancers occur around the eyes. Our special sun filters can postpone these problems

SHOULD I WORRY ABOUT HIGH ENERGY VISIBLE LIGHT (HEV)?

YES...

High Energy Visible light (HEV) from computers and cell phones disrupts sleep cycle and can cause irreparable damage your vision.



Parrelli Optical

1. Talking Points:

Every color of light has a specific wavelength. The shorter that wavelength the higher the energy. The light from the blue violet end of the spectrum is the most destructive to human vision.

UV-C (100-290nm) is absorbed in the ozone and never makes it to the surface of the earth.

The burning rays of UV-B (290-320nm) sunlight can dramatically impact the delicate tissue around your eyes. Squinting can lead to the formation of crow's feet. Repeated exposure to intense ultraviolet light can contribute to wrinkles. Ten percent of all skin cancers are found on the eyelids. Wind, dust and UV light can cause the white of your eye to discolor and thicken. A good quality sunglass can minimize these effects.

There is a well established link between the exposure to UV light (320-400nm) and the formation of cataracts. Using a lens material that inherently absorbs these dangerous wavelengths or adding a UV filter to all eyewear aids greatly in postponing these sight compromising complications. A good quality sunglass has ultraviolet filtering capabilities.

HEV is High Energy Visible light (400-500nm) in the blue end of the spectrum, right next to ultraviolet light. Blue light penetrates deep into the eyeball focusing its energy on the macula.

High energy blue light is intensified in digital devices to brighten the screens of computers, tablets, even phones.

The shorter wavelengths of this blue light (400 - 455nm, blue-violet) has been proven to lead to Macular Degeneration, irreparably damaging the macular, the region of the retina responsible for detailed central vision.

The longer wavelengths (455 - 500nm, blue-turquoise) of this HEV light inhibit the production of melatonin which signals the brain to sleep. This can severely disrupt sleep patterns. Blue light blocking lenses can protect your vision and help you sleep better.

At risk:

Everyone: using a digital device routinely, spending time outside, using energy efficient light. We are all living longer (men 78, Ladies 83) resulting in greater cumulative exposure.

Kids: larger pupil, clearer crystalline lens, outside 4x more than adults, shorter arms mean they hold their digital devices closer. Intensity increases disproportionately with short working distance.

Aphakes:

No lens to absorb UV light.

CL Wearers: Typically more active outdoors. May blink less, increasing exposure to UV and HEV light.