

## Who is at risk for blue light exposure?

Those at the highest risk for damage from harmful blue light include those who use lots of electronic devices, which are major sources of blue light. Examples include computers, smartphones, iPads and tablets, even televisions!

Many adults are using more and more electronics in everyday life. Also, children are using many different types of electronics every day as well!

Elderly people who have had their cataracts removed are also at an increased risk of exposure, since the new lens implant does not have any natural protection against blue wavelengths of light.

Ask your eye doctor today if blue light protection is right for you.



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## Questions to ask?

- Do you have frequent headaches or experience eyestrain after computer use?
- Do you have trouble falling asleep or staying asleep?
- Do you work on a computer much of the day?
- Do you use a smartphone or iPad or other handheld electronic device regularly?
- Is there a family history of macular degeneration?
- Have you had cataracts removed?

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## EyeCare Associates, PC



## *Protect Your Eyes from Damaging Blue Light!*

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## Why is blue light harmful?

Blue light is very close to UV light on the spectrum. Damage from UV light exposure is the reason why everyone should wear sunglasses when outside, or driving in the car during the day. Blue light, like UV light, causes irreversible damage to the back of the eye.

Blue light can make changes to a portion of the retina in the back of the eye called the macula. The macula is the portion of the retina that gives you your best 20/20 vision.

Blue light is a culprit in causing or worsening macular degeneration. Macular degeneration causes your central vision to become distorted over time. Protection against blue light is important in preventing or slowing down this disease.

Blue light also disrupts the production of melatonin, the neurotransmitter which allows you to have a restful night's sleep. Problems sleeping or staying asleep may be caused by excess blue light exposure, especially just prior to sleep.

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## How am I exposed to blue light?

Major sources for blue light include Compact Fluorescent Lights (also known as CFLs), and LED lights.

Many of us have CFLs in our lamps at home, as they are replacing traditional incandescent light bulbs. LED lighting is everywhere! You have probably looked at a screen lit by LED lights already today! LEDs are found in computers, smartphones, iPads and tablets, and even the headlights of newer cars on the road.

We spend hours looking at these devices, while at work or school, or even at home. Since these devices have become more prevalent in our lives, there is an increased rate of blue light exposure.



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## What can be done to reduce exposure?

Reducing the time spent on electronic devices per day is one way to protect yourself from blue light exposure. However, sometimes that is not an option if most of your time spent with electronic devices is at work or school.

New lens coatings are available that block the specific blue light wavelengths that cause the most damage to the back of the eye. These lens coatings are invisible to the naked eye, similar to getting an anti-reflective or scratch-resistant coating on your lenses.

If you commonly wear contact lenses, think about getting “plano” glasses (with no prescription), so that you can still get the benefits of the lens coating.

You only get one set of eyes...protect them for years to come with blue light blocking lens coatings!

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