



PROTECT YOUR EYES

► SUN DAMAGE

Similar to your skin, too much UV light can damage your eyes. Sun damage can lead to immediate conditions, such as sun burn to the eyes (photokeratitis), or long term conditions, such as cataracts, cancers, and pterygium, (tissue growths on the cornea).

It is important to protect your eyes from UV radiation, even on cloudy days.

UVA Rays: Affects deeper layers of the skin and eyes.

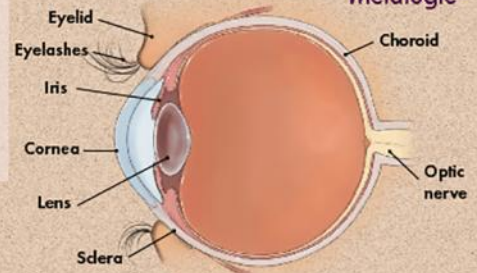
UVB Rays: Most plentiful and affect the surface layers of the eyes the most.

UVC Rays: The most damaging type of UV rays, but largely blocked by the ozone layer.

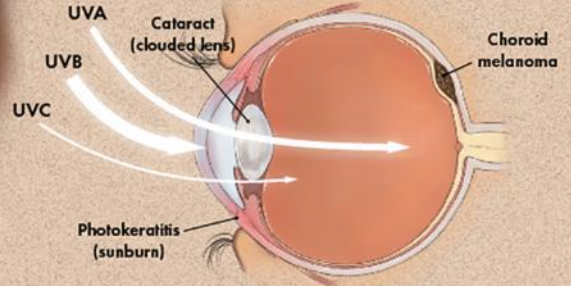


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Healthy Eye



Sun Damaged Eye



Normal vision



Blurring

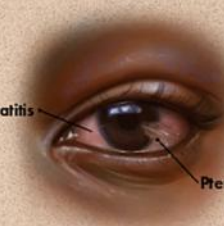


Floaters



Macular Degeneration is a condition that causes the part inside of the eye responsible for clear vision, the macula, to wear down. Though age is the main cause of macular degeneration, UV light can contribute to its negative symptoms. Macular degeneration can lead to blurred vision, missing spots in vision, floaters, and even blindness.

Photokeratitis



Pterygium

► PREVENTION

- Wear sunglasses year round
- Wear hats with a wide brim
- Seek shade
- See an eye doctor if you are having problems

For more information, visit melalagic.com