

July is UV Awareness Month

In This Issue

- Happy 4th July
- Sun Smart UV Safety

Contact Us

2311 W. Hayes Ave,
Fremont
Ohio 43420
(419) 334 8121

622 Parkway Drive,
Fostoria
Ohio 44830
(419) 435 3482

www.eyecentersofnwo.com

info@eyecentersofnwo.com

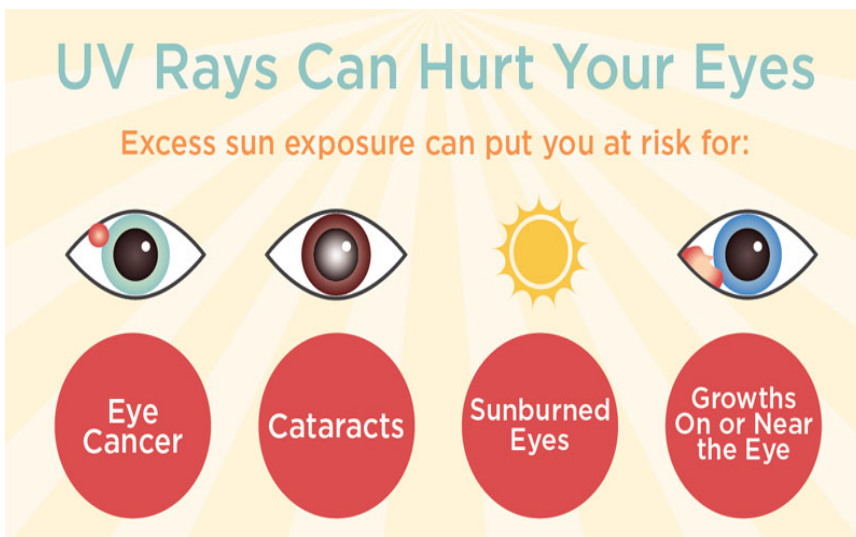
Happy 4th of July

Both of our offices will be closed 4th July.







Sun Smart UV Safety

When it comes to practicing sun safety, Americans are getting smarter. But in some cases, we're still in the dark on UV exposure and how to avoid it. Remember to cover up with a hat, glasses and sunscreen!



UV Rays Can Hurt Your Eyes

Excess sun exposure can put you at risk for:

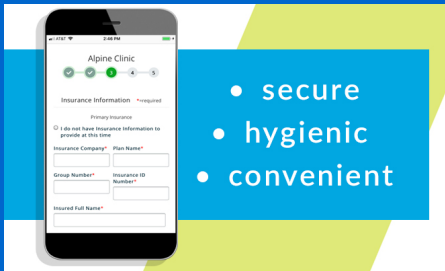
-  Eye Cancer
-  Cataracts
-  Sunburned Eyes
-  Growths On or Near the Eye

No Vision Insurance, No Problem, Join our Membership Program today!

www.eyecentersofnwo.com/members-portal



We Now Have Paperless Check-In Available




Follow the link that we text to you the day before your appointment


Courtesy: The American Academy of Ophthalmology
www.aao.org/

When you're shopping for sunglasses, rule out ones that don't provide 100% UV protection.

Get Sun Smart



47% of sunglass wearers do not check UV ratings before making a purchase.



Always buy sunglasses labeled "UV400" or "100% UV protection."

Source: The Academy's 2014 Harris Poll of 2,027 U.S. adults.
© 2021 American Academy of Ophthalmology





aao.org/eyesmart

Did you know that certain medications and features can change your sun sensitivity? It's true!

Don't Turn Up the Burn

Some drugs and medical conditions can make people more vulnerable, or photosensitive, to UV damage.

Percent that DO NOT believe these things cause photosensitivity:


 82% Retin-A skin cream	 72% Antibiotics	 71% Cataracts	 71% Light-colored eyes (blue, hazel or green)
---	--	--	--

Source: The Academy's 2014 Harris Poll of 2,027 U.S. adults.
© 2021 American Academy of Ophthalmology


aao.org/eyesmart

Children are especially sensitive to sun damage. Most parents remember the sunscreen but forget the UV-protected glasses. Protecting your children's eyes is just as important as protecting their skin!

Cover Up the Kids This Summer



74% of parents make their children wear sunscreen.



32% make their children wear UV-protected sunglasses.

Source: The Academy's 2014 Harris Poll of 2,027 U.S. adults.
© 2021 American Academy of Ophthalmology

aao.org/eyesmart

How much do you know about sun safety? Here's what the Academy's Harris poll of 2,027 American adults found ...

Test Your Sun Savvy



53%

mistakenly believe that sunglasses with darker lenses provide better eye protection.



54%

of adults have light-colored eyes (blue, hazel or green).



68%

with light-colored eyes don't know that light eyes are more photosensitive.

Source: The Academy's 2014 Harris Poll of 2,027 U.S. adults.
© 2021 American Academy of Ophthalmology

aao.org/eyesmart

Even on cloudy days, it's important to practice UV safety. Don't forget your sunglasses!

Cloudy Days and Sun Shades

83%

agree that you should wear sunglasses when it's overcast ...

... but only

17%

actually do!

Source: The Academy's 2014 Harris Poll of 2,027 U.S. adults.
© 2021 American Academy of Ophthalmology

aao.org/eyesmart