

It's What You Can't See that Matters Most

UV and Your Eyes

UV damage to the eyes is **cumulative and often irreversible**

Eyes are the **only internal tissue** directly exposed to UV

5-10% of skin cancer



occurs on the eyelids



94%

of people don't know **UV exposure** is bad for their eyes in the winter



Your eyes are exposed to **UV 365 days** a year



Wearing UV protective glasses (even with **clear lenses**) can help **delay** the onset of cataracts

Cataract affects



More than **22 million** Americans age 40 and older



40% of UV exposure occurs when we are not in full sunlight

90% of visible **premature aging** around the eyes is caused by UV damage

To learn more visit Crizal.com and ESPF.com



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