Eyeglass Lens Treatments Protect Against Blue Light from Devices

John K Arnold November 23, 2013

Blue light that comes from our devices such as computer screens, iPhones, televisions and tablets can damage our eyes. The effects are cumulative and with the increasing use of these devices and fluorescent lighting more people are overexposed.

(Newswire.net -- November 23, 2013) Chicago, Illinois -- The damaging effect of UV light on vision is well known. Most people know to wear sunglasses with protection against this. A lesser known issue is blue light or near UV or HEV, high energy visible light. This light is not just common outdoors but indoors. As more and more people spend more and more time looking at LED screens more are at risk of ocular damage.

Indoors we are exposed to HEV and blue light from our digital devices.

A new development is the blue light emitted by are electronic devices and the florescent lighting in most offices, schools and some homes. There are many studies that connect overexposure to these blue light wavelengths to retinal damage. People may be reducing their exposure outdoors but increasing exposure indoors.

The culprits are our computer screens, smartphones, televisions and tablets. These are the mainstay of our world. The new flat OLED screens pose a particular issue to eye health. UV and HEV light have been shown to have a cumulative damaging effect on the eye and so on vision. It can lead to AMD, age-related macular degeneration.

We know that different wavelengths can be beneficial neutral or damaging to our skin.

Our eyes are not only seeing with visible light but also are filtering light. What we are seeing are light reflections. We are aware of the harm caused by UV rays, it may appear as sunburn, leathering of skin over time and/or skin cancer. We are now learning of other wavelengths that can be damaging.

HEV and blue light are not as obvious as UV but just as harmful.

One reason is the acceptance of deteriorating vision with age. It has been seen as a part of aging rather than the result of prolonged exposure to certain wavelengths.

The steps to take are similar to the approach to UV, to protect our eyes against harmful light. We instantly squint or turn away from intense light. UV can be intense when there is not bright visible light. We have learned to protect against UV outside.
This new hazard will take education on how to protect our eyes from light from devices.

It is not obvious. Some people may have effects such as headaches but not necessarily connect that to their computer screen. The effects are cumulative as well.

**Always ask.**

What can be done is to ask about the new lenses treatments that protect against the damaging blue emissions. Not all blue light is damaging and some of the lenses treatments are designed to block the bad light and allow the good light through. Protecting our eyes starting at young age could mean at some future time the idea that vision must deteriorate with age might be a note in history.

When buying glasses it is wise to ask about protecting your eyes from our devices. A tiny amount of protection now can mean many years of better vision later.

John K Arnold is a featured author with Newswire. Please inquire about how you, your business or event can benefit from Newswire articles.

**JKA Marketing, Inc**

910 W Van Buren # 340  
_Chicago, Illinois 60607_  
3128021208  
john@jka-marketing.com  
http://www.jka-marketing.com