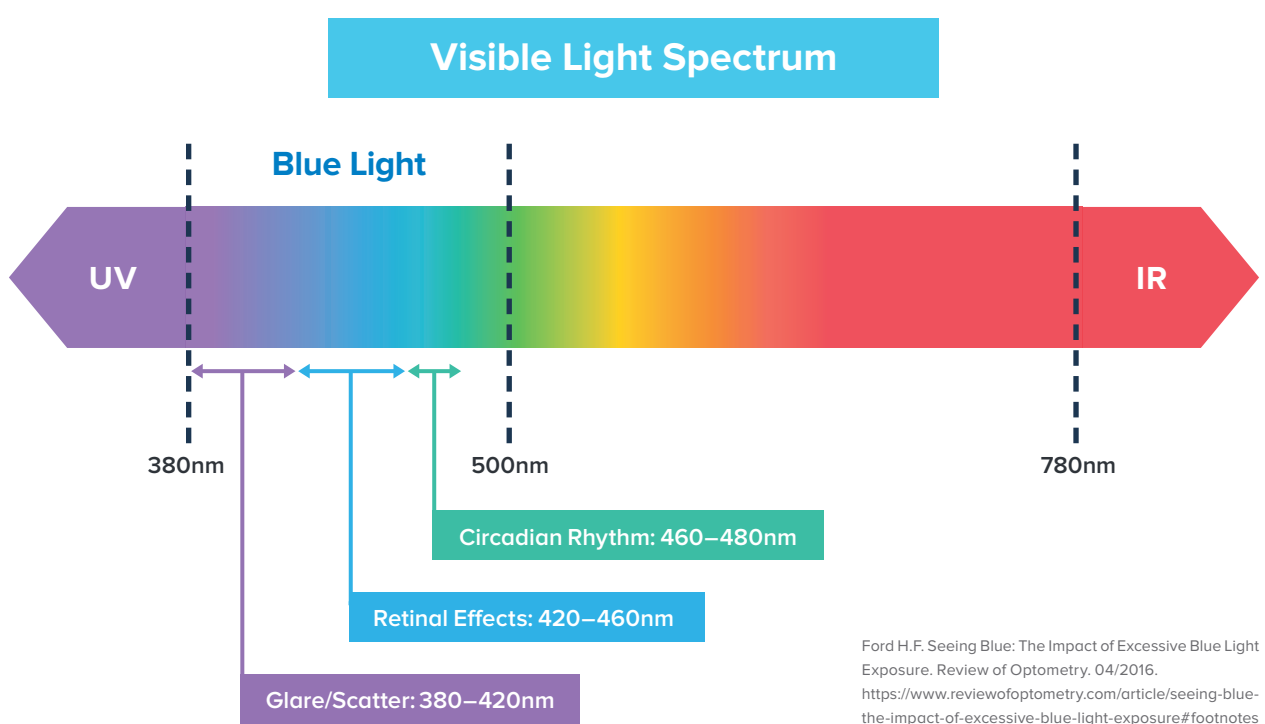


Blue Light & You

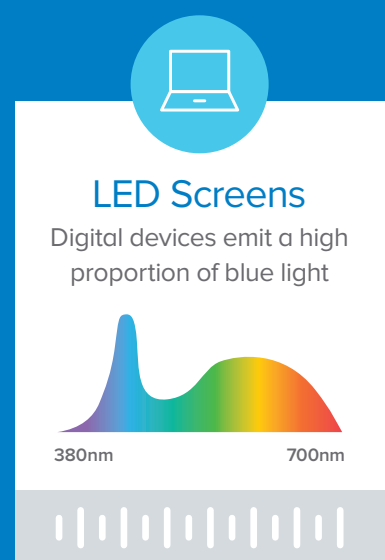
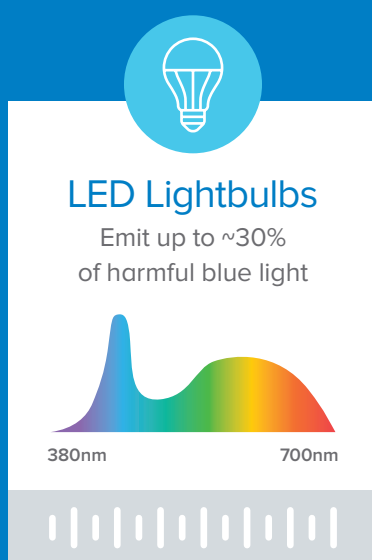
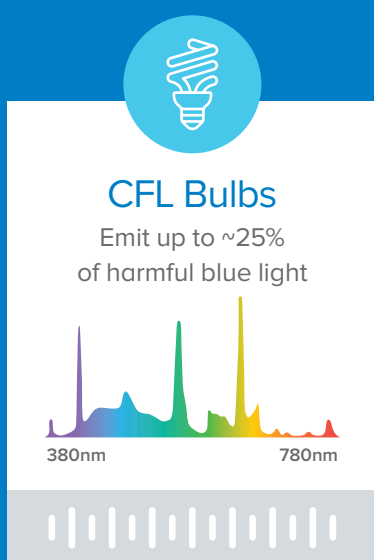
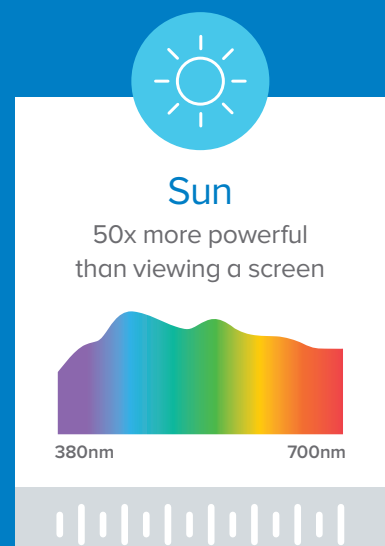
What's Your Solution?

What is blue light and its effects?



Where does blue light come from?

For more details about the impact of blue light please refer to the white paper "What We Know - And Don't Know - About Blue Light" published March 2018.



The Lowdown on Blue Light: Good vs. Bad, and Its Connection to AMD. Review of Optometry, 02/2014. <https://www.reviewofoptometry.com/ce/the-lowdown-on-blue-light-good-vs-bad-and-its-connection-to-amd-109744>

Who is at the greatest risk from the effects of blue light?

- Children
- Lightly Pigmented
- Post Cataract Patients
- Smokers
- Family History of AMD
- Poor Diets
- Outdoor Workers
- Heavy Screen Viewers

How to reduce exposure to blue light

- Sunglasses
- Photochromic lenses
- Specialty materials
- Wear a hat outdoors
- Specialty coatings
- Reducing the intensity of screens and indoor lighting

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