"Do I REALLY need to wear eye protection when I tan?"

Yes, you do! Eyelids block less than 25 percent of ultraviolet light, so **closing your eyes does not protect your vision from UV light!** FDAcompliant eye protection – such as goggles and WINK•EASE disposable eyewear – are designed to protect your eyes from UV while minimizing tan lines. Without eye protection, your eyes can suffer from many types of damage from UV exposure. Here's

what can happen to unprotected eyes over-exposed to UV light.



Photokeratitis: Also called "snow blindness," this can happen after a single unprotected

tanning session! Within 24 hours, a sharp burning sensation occurs which feels like you have something in your eyes. You do; your cornea is peeling, causing acute pain. In addition to being almost blind for one to three days, your eyes will be red and weep uncontrollably. The FDA reports this as the No. 1 reason tanners seek medical attention after a single unprotected tanning session. Once you've burned your eyes, they are more susceptible to future burns.



Night Vision Loss:

This loss begins after a single tanning session without eye

protection and damage is cumulative. Night vision loss is first noticed in low-light situations such as movie theatres, clubs or bars, and while driving at night. The ONLY way to lose your night vision is from UV over-exposure, which can happen during unprotected indoor tanning sessions or from tanning outdoors without sunglasses. It's not surprising for young tanners to have already lost substantial night vision, and there is NO drug and NO surgery that will restore night vision.



Color Vision Loss: UV eye damage can include the inability to

distinguish different

shades of the same color. It's not unusual for tanners to already have trouble distinguishing the number pictured in the circle above. Again, there is NO drug and NO surgery that restores color vision. **The ONLY** way to lose color vision is, again, from UV over-exposure. Sharp color vision is important if you're interested in careers in photography, fashion, aviation, website design, video game design, advertising and marketing, graphic design, architecture or retail.



Pyterigium and Pinguecula: These dots, bumps or growths are most often caused

by UV over-exposure. A pyterigium usually doesn't harm your vision, but is unsightly. You can have them removed when they make blinking difficult, but they tend to grow back. A pinguecula bump rarely requires surgery, but if gets too large, it may need to be removed.



Basal Cell Carcinoma: There are almost a million cases of basal cell carcino-

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ma every year. Basal cell carcinomas are believed to be caused by UV over-exposure, and most often appear on the thinnest skin on the body, which make your eyelids a prime target. There are several forms, but often it appears as a red, raised bump or sore that won't heal. Basal cells do require medical attention.



Cataracts:

Cataracts – a "clouding over" of the lens of the eye – is the

leading cause of blindness worldwide. Although cataracts can be caused by other things, the main factor is UV over-exposure. While it typically takes decades of sun exposure to create cataracts, they are being more frequently diagnosed in younger people.

Remember, ALL of the eye damage described here can be caused by unprotected UV exposure, indoors or outdoors. So, wear your UV-block sunglasses when outside and your FDA-compliant WINK-EASE while tanning indoors!





