

## **UV Eye Protection Important for Seacoast Activities after LASIK & Cataract Surgery**

*Doctor & Associates reiterate the need for LASIK or cataract surgery patients to wear UV protecting sunglasses as the warmer weather.*

April 14, 2014 (FPRC) -- Doctor & Associates, a leading Fairfield County eye care practice, has issued some advice for LASIK or cataract surgery patients.

'This time of year many patients make the transition to outdoor activities-hiking, sailing, walking along the beach. This means they are going to be exposed to a good amount of UV from the sun. So many patients who have had LASIK or cataract surgery just don't think about eyeglasses, sunglasses or UV eye protection anymore,' noted Dr. Leslie Doctor. 'But we want to remind them that as they spend more time involved in outdoor activities-especially near the seacoast or water, they tend to underestimate their risk of sun and UV damage to their eyes. It's actually greater than most people realize,' she said. 'One of the things we want to avoid-especially for patients who have had any type of eye surgery-is the risk of 'sun burnt eyes' or photokeratitis, which is also called ultraviolet keratitis. This is not only uncomfortable-it can be threatening to vision.'

Sunglasses for UV eye protection should be considered more than simply a fashion accessory. Eye protection from UV needs to be complete but doesn't have to be overly expensive. High quality sunglasses should block out 99-100 percent of both UV-A and UV-B radiation.

'For LASIK or cataract surgery patients, it is important to remember to wear UV protecting sunglasses as the warmer weather encourages outside activities on our Connecticut seacoast,' shared Corneal Specialist & Cataract Surgeon Leslie Doctor, M.D.

Doctor & Associates is a leading Fairfield County eye care practice providing eye examinations for adults and children, cataract surgery and intraocular lens implants (IOL), laser vision correction such as LASIK, care for cornea disease including cornea transplants, ocular inflammatory diseases including uveitis, management of diseases of the retina including diabetes and age related macular degeneration and diagnosis and treatment of glaucoma as well as contact lenses, eyeglasses and optical services. For those patients in need of eye surgery, as a founding member of the Wilton Surgery Center, Doctor & Associates eye surgeons are able to provide eye surgery in a convenient, close to home and cost effective ambulatory surgery center.

To learn more about Doctor & Associates you may visit Doctor & Associates at <http://www.doctor-and-associates.com>, visit their Facebook page at <http://www.facebook.com/doctorandassociates> or follow our eye care blog at <http://doctorandassociates.blogspot.com>.

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<http://www.aboutcataractsurgery.com>

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