

Hudson Valley Eye Doctors Release New Advise for Patients on the Need for UV & Sun Eye Protection

Hudson Valley residents anxiously anticipating taking advantage of the pleasant spring weather are reminded to wear properly selected UV protective eyewear and sunglasses as they embark upon outdoor activities.

May 5, 2014 (FPRC) -- Seeta Eye Centers has released new advise reminding Hudson Valley residents to wear properly selected UV protective eyewear and sunglasses as they embark upon outdoor activities.

'There are many scientific studies and publications that show the strong relationship between the cumulative effects of unprotected exposure to the sun and eye damage such as earlier development of cataracts, macular degeneration and certain facial and eyelid skin cancers around the eyes,' commented Andreas Wolter, M.D. of Seeta Eye Centers.

'Spring and summer are really fun times in the Hudson Valley. Our community has so much to offer-golf, the lakes, rock climbing, water sports, hiking and tennis-but we have to make sure to wear the proper UV protection for our eyes to avoid sun eye damage,' shared Satish Modi, M.D.

'This is especially true for our LASIK and cataract surgery patients who are now independent of eyeglasses and often just forget about eyewear of any type. We need to remind them to wear sunglasses as another lesser known risk of sun exposure is the more acute problem of 'eye sun burn' or photokeratitis which we also call ultraviolet keratitis. This is something we want to avoid as it is both uncomfortable and sight impairing,' said Dr. Modi.

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. Seeta Eye Centers would be pleased to recommend qualified Optometrists and Opticians throughout the Hudson Valley who are able to provide the proper fitting of UV protecting lenses and eyewear.

Seeta Eye Centers is conveniently located for patients from throughout the Hudson Valley. To learn more visit Seeta Eye Centers at <http://www.seeta-eye-care-center.com> or <http://www.facebook.com/seetaeyecenters> or follow our eye care blog at <http://ny-eye-cataract-lasik-surgery.blogspot.com>.

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SOURCE: Medical Management Services Group, L.L.C.
<http://www.aboutcataractsurgery.com>
<http://www.seewithlasik.com>

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