



Protecting Children's Eyes

Like your skin, your eyes never recover from damage caused by exposure to UV radiation.

Children are more susceptible to retinal damage from UV rays because the lens inside a child's eye is clearer than an adult lens, enabling more UV to penetrate deep into the eye.

Over half of the damage caused to a child's eyes by harmful rays can occur before the age of 18 years!

You protect your child's skin with creams that block the sun's damaging rays but do you protect their eyes?



So make sure your children's eyes are protected from the sun with good quality sunglasses. Also, encourage your child to wear a hat on sunny days to further reduce UV exposure.

If you have found this article interesting and have questions regarding it, then please do get in touch either for a chat by phone, or please feel free to email me.

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