

For Immediate Release

Choosing the right pair of sunglasses to protect your kids' eyes from harmful ultraviolet rays



The age from 3 to 5 is crucial in children's development. While outdoor activities are essential, prolonged exposure to the sun might be harmful to children's tiny eyes as they are easily damaged by sunlight's ultraviolet (UV) rays. To raise awareness of the need for eyesight protection and promote the importance of wearing sunglasses amongst children and their parents, Orbis has just pioneered a brand new initiative. Entitled "Eyecare Agent", it aims at encouraging kindergarten pupils to wear sunglasses to protect their eyes against the sun's rays.

While sunbathing's efficacy and effectiveness in helping our bodies to produce healthy amounts of Vitamin D are widely known, not everyone is fully aware that over-exposure to UV rays can cause serious visual problems. The World Health Organization (WHO) estimates that as many as 5% of the world's 18,000,000 cases of blindness-causing cataracts are a direct result of UV radiation. UV rays' other major health issues include keratitis, retinal damage and macular degeneration, etc. Worryingly, patients only really become aware of visual problems after prolonged exposure to the sun. As a result, encouraging kids to start wearing sunglasses from early on will minimize potential eye care crises later on.

According to Orbis volunteer ophthalmologist Dr Flora Lau: "Ultraviolet light has been proven to cause certain eye diseases such as cataracts, pterygium, keratitis and macular degeneration. On the plus side, research shows that outdoor activities can help control or slow the development of short sightedness. For this reason, we recommend children have at least an hour of outdoor activity per day, always wearing appropriate sunglasses to protect them from the harmful effects of ultraviolet lights while outdoors".

With so many different types of sunglasses available, it's far from easy to choose an ideal pair for one's youngsters. The Registered Optometrist with OKIAN Optical, Ms. Sandy Au, said: "Parents should always ask if the lenses of sunglasses they are buying for their kids are sufficiently UV protective. Sunglasses guaranteeing 100% UV or UV400 protection levels will shield fragile little eyes against all UV rays." Ms. Au went on to add that lenses' colors and effectiveness against UV are also important. "While dark-green-colored lenses may be suitable for those going out in strong sunlight, darker colors do not necessarily ensure higher UV protection levels. As a result, it's vital to take time to select the optimal pair of sunglasses for one's kids depending on their situation."

Media Enquiry

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【Listen to what ophthalmologist and registered optometrist have to say】