

3 ways to manage seasonal eye concerns

As the seasons change, factors such as variations in humidity, temperature, sunlight exposure, etc., can impact our eye health. By simply adjusting some of our habits and care routines, taking care of our overall wellness and eye health can be easy. Here are a few ways to get started:

1. Protect yourself from the sun: No matter the season or weather, the sun's ultraviolet (UV) radiation can affect your vision and potentially damage your eyes. Here are a few of our favorite sun-friendly tips to help keep your eyes (and skin) healthy when heading outdoors¹:

- **Reach for a pair of sunglasses.** Whether it's a stylish pair of Plano (non-prescription) or prescription sunglasses with UV-protection, make sure the entire family is protected by wearing sunglasses when outdoors.
- **Wear a hat** with at least a three-inch brim and tightly woven fabric (no holes) to protect your face and the top of your head.
- **Use a broad-spectrum sunscreen** (SPF 30 or higher) that is safe for your face and eyes. Be sure to apply 15 minutes before going outside and reapply every two hours.
- **Be aware of clouds.** Have you ever gotten sunburned on a cloudy day? That's because over 90% of UV rays can pass through a light cloud cover.
- **Seek shade** whenever possible, especially during times when the sun is most intense – from 10 a.m. to 4 p.m.

Pro tip: At your next eye exam, ask your provider about *Transitions® Light Intelligent Lenses™*, which seamlessly adapt to changing light situations, changing from clear to dark when outdoors, and back to clear when you're

inside.

2. Prepare for allergies: Spring is in the air and so are allergens – both indoors and outdoors. So, while it might seem cliché to do a little spring cleaning, a clean home is a great and simple way to keep your eyes healthy as the seasons change (and year-round).

Eye allergies, also known as conjunctivitis (kuhn·juhngk·tuh·vai·tuhs), are quite common and occur when the eyes react to something that irritates them. Common allergens that cause eye allergies include pollen from grass, trees and ragweed, dust, pet dander, mold, and smoke.

When your eyes are irritated from allergens, your symptoms could include²:

- › Red, swollen, or itchy eyes
- › Burning or tearing of the eyes
- › Sensitivity to light

Here are a few allergy-friendly ideas to kick-off your spring cleaning:

- › Give your bedroom a good dusting:
 - Use allergen-reducing covers for your bedding, especially for your pillows.
- › To help reduce the chance of mold:
 - Clean high-humidity areas like basements, bathrooms, and kitchens often.
- › Don't forget your floors:
 - Use a damp mop or rag instead of a dry dust mop or broom to trap the allergens.

Pro tip: When your eyes bother you because of seasonal allergies, consider wearing eyeglasses instead of contact lenses.

3. Visit your eye doctor: [Scheduling your annual eye exam](#)

(<https://eyedoclocator.eyemedvisioncare.com/member/en>) at an in-network provider, such as [Pearle Vision](#)

(<file:///C:/Users/486925/Desktop/ESOW/2024/Q2/pearlevision.com>), is a great way to keep your health in-check this season. Besides measuring your vision, regular eye exams can help identify early signs of certain chronic health conditions, including³:

- High blood pressure
- Diabetes
- Heart disease
- High cholesterol

Pro tip: Before you head to your eye exam, be sure to log in or create an account on EyeMed's [Member Web](#)

(<https://member.eyemedvisioncare.com/member/en>) to view your vision benefits, special offers and more.

1. "Is it possible to get sunburn on a cloudy day?"; Medical News Today; <https://www.medicalnewstoday.com/articles/can-you-get-sunburn-on-a-cloudy-day> (<https://www.medicalnewstoday.com/articles/can-you-get-sunburn-on-a-cloudy-day>); February 2022

2. Mendoza, O; "What Are Eye Allergies?"; American Academy of Ophthalmology; <https://www.aao.org/eye-health/diseases/allergies> (<https://www.aao.org/eye-health/diseases/allergies>); September 2023

3. Mukamal, R; "20 Surprising Health Problems an Eye Exam Can Catch"; American Academy of Ophthalmology; <https://www.aao.org/eye-health/tips-prevention/surprising-health-conditions-eye-exam-detects> (<https://www.aao.org/eye-health/tips-prevention/surprising-health-conditions-eye-exam-detects>); January 2023