We are ***excited*** to now be able to offer BLUE LIGHT DEFENSE lenses to our patients!



**Blue Light Damage** to the eye is becoming more and more prevalent since the majority of us are using digital devices in our daily routines. Studies indicate that blue light may increase our risk of macular degeneration. Prolonged exposure of blue light from work on computers, smartphones and tablets increases eye strain, fatigue and dry eye symptomatology. One of the main culprits for computer vision syndrome (CVS) is prolonged use of a computer that emits frequencies of blue light. Gamers and students are notorious for having very poor sleep habits and excessive eye strain .

Many lens companies are now selling **blue light protection** lenses that filter this blue light. All blue filtering lenses **are not** the same. Some lenses have certain tints that are used to absorb some of this blue light. These lenses can be yellow, orange, or purple in color. Some companies are using a coating to absorb the blue light and some are actually putting this filtering technology into the lens monomer so it is throughout the entire lens. Many lens companies are filtering only a **small percent** of the harmful blue light and some are filtering **close to 100%** of specific frequencies of the blue-violet light.

Studies are conclusive that we need to filter blue light especially in the evening when working on computers, tablets, smart phones or watching TV. The latest research has been directed at filtering the majority of the blue/violet light between 400-420 nm. This research also suggests that around 411 nm is one of the worse frequencies of blue/violet light for the retina. Blue Light Defense blocks over 99% of the waves between 400-420nm and then blocks a good portion up to 450nm. Take control of you and your families future health by investing in these new **Blue Light Defense** lenses.

