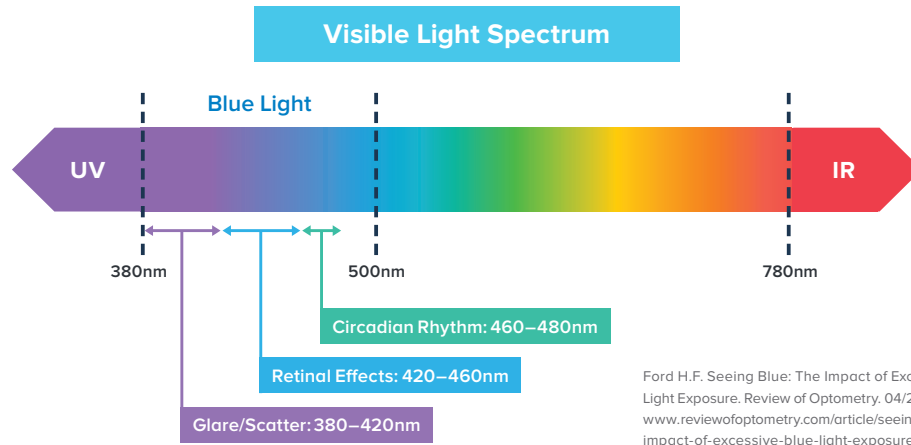


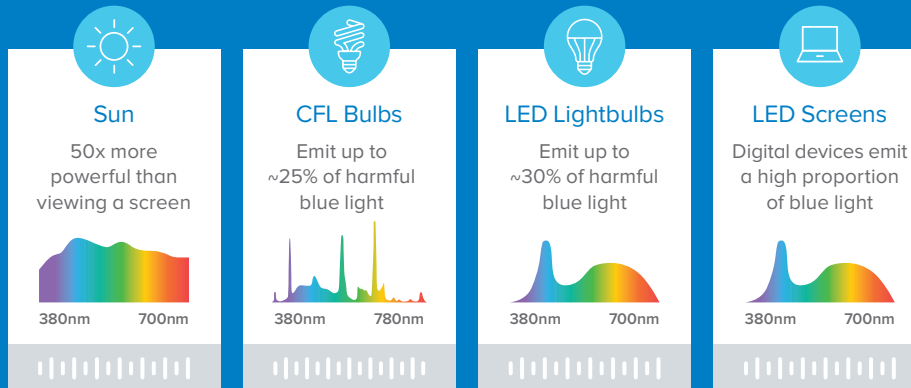
What is **blue light** and its **effects**?



Who is at the **greatest risk** from the effects of blue light?

- Children
- Lightly Pigmented
- Post Cataract Patients
- Smokers
- Family History of AMD
- Poor Diets
- Outdoor Workers
- Heavy Screen Viewers

Where does blue light **come from**?



For more details about the impact of blue light please refer to the white paper "What We Know - And Don't Know - About Blue Light" published March 2018.

The Lowdown on Blue Light: Good vs. Bad, and Its Connection to AMD. Review of Optometry, 02/2014 <https://www.reviewofoptometry.com/ce/the-lowdown-on-blue-light-good-vs-bad-and-its-connection-to-amd-109744>

How to **reduce** exposure to blue light

- Sunglasses
- Wear a hat outdoors
- Photochromic lenses
- Specialty coatings
- Specialty materials
- Reducing the intensity of screens and indoor lighting