

## Fact or Fiction: Vision Myths Busted

**Myth 1: Sitting Too Close to the TV will hurt your eyes: *Busted.*** Spending too much time staring at a TV screen can tire the eyes, but there's no evidence to show that it causes permanent damage. If your eyes continue to burn or feel strained, ask your eye doctor to help determine the cause.

**Myth 2: Sunglasses are the best way to protect your eyes from the sun: *Plausible.*** Don't assume that wearing dark sunglasses will keep your eyes safe; they must contain UV blocking agents. Even clear prescription lenses with UV blocking agents can protect your eyes as well as sunglasses. 3D glasses from the theater don't have adequate UV protection.

**Myth 3: Wearing the wrong prescription can damage your eyes: *Busted.*** The wrong prescription may feel weird and it can even give you a headache if you wear them very long, but it won't damage your eyes. However, to see your best, don't wear anyone else's glasses. And most importantly, get regular eye exams, so you always have the prescription that's right for you.



**Myth 4: As long as you can see well, you don't really need a vision exam: *Busted.*** There's a lot more to an eye exam than just checking your prescription. During a comprehensive vision exam, the doctor checks your overall eye health, which can sometimes show signs of other serious health conditions like diabetes, high blood pressure, and high cholesterol. Eye exams are an art of taking care of your overall health, so make sure to see your eye doctor every year!