



關心你的視力，保護你的眼睛！ 擋紫外線 減藍光午間講座

Care For Your Vision, Protect Your Eyes! UV versus Blue light Lunch Time Seminar

Date: 2 Dec 2014 (Tuesday)

Time: 1:00-2:00pm

Venue: N001

Speaker: **Mr. Roger Chiu** Optometrist
趙善輝先生 眼科視光師



Ultraviolet (UV) light is an invisible electromagnetic wave that could be harmful to our eyes. Because the primary source of ultraviolet light is the sun, people who spend long hours in outdoor activities should protect their eyes from this light hazard. The simplest and easiest way is to wear a pair of sunglasses or UV blocking lenses. This presentation will introduce the methods of how to measure UV light and how to choose a pair of good-quality sunglasses.

With the popularity of computers and digital devices, there is increasing concern of the potential hazards of blue light (or short-wavelength light) arising from these devices. To protect the eyes from these hazards, a number of ophthalmic lenses and related products have emerged recently.

However, the presence of blue light may also be critical to some body functions. This presentation will introduce these new products and discuss their potential functions.

紫外線 (UV) 光是一種眼睛無法辨識 (無色)，但有可能會傷害到我們眼睛的電磁波。由於紫外線的主要來源是太陽，所以一些長時間在戶外活動的人士應設法保護他們的眼睛。最簡單直接的方法就是配戴太陽眼鏡或阻隔紫外線的鏡片。這次講座將介紹如何測量紫外線和如何選擇優質太陽鏡的方法。

隨著電腦及數碼產品的普及，此設備中潛在的藍光 (或短波長的光) 可能產生的影響已引起廣泛的注意。為減低眼睛受此影響，一些眼鏡片及相關產品應運而生。然而，藍光的存在也可能對身體特定功能有一定的作用。這次講座也會討論這些新產品其潛在的功能。



Deadline
截止報名日期
28 Nov (Fri)
11月28日
(星期五)

Please register

by email: sogoexec@polyu.edu.hk
or tel: 2766 6107

有興趣者，請電郵至 sogoexec@polyu.edu.hk
或致電 2766 6107 登記

* Light refreshment will be provided on
a first-come-first-served basis

* 備有三文治供應，先到先得