



Ultraviolet Light and the Eyes

The School of Optometry (SO) and The Hong Kong Cornea and Contact Lens Society (HKCCLS) would like to invite you to the upcoming CE seminar:

Date: 19 December 2018 (Wednesday)
Time: 7:30 – 8:30 pm
Venue: HJ203, The Hong Kong Polytechnic University
CPD: 1 CPD hour
Speaker: Prof. James Wolffsohn, Associate Pro-Vice Chancellor, Aston University
Seats are limited (on a first-come-first-served basis)
Registration Deadline: 13 December 2018 (Thursday)



Biography

James S Wolffsohn BSc PgCertHE PgDipAdvClinOptom MBA PhD FAAO FBCLA FCOptom

Following a 1st class Optometry degree from Manchester, a pre-registration year at Moorfield's Eye Hospital, London, a PhD at Cardiff University and a clinical/research fellowship at the University of Melbourne, Australia, Professor Wolffsohn was appointed by Aston University in 2000, where he was Head of Optometry 2004-9 and Deputy Executive Dean for Life and Health Sciences 2009-16, being awarded a personal Chair in 2007. He is now Associate Pro-Vice Chancellor. James has published over 200 peer reviewed academic papers and given numerous international presentations. His main research areas are the development and evaluation of ophthalmic instrumentation, contact lenses, intraocular lenses and the tear film. He is the academic Chair of the British Contact Lens Association, having been a past president, was a harmoniser and sub-committee chair for TFOS DEWS II and joint-Chair of the International Myopia Institute reports.

Abstract

Much of the shorter wavelength UV light emitted from the sun (UVC and UVB) is absorbed by the atmosphere. However, some UVB and UVA make it to the ocular surface and are linked with anomalies, the most familiar being pinguecula, pterygia and carcinomas. The crystalline lens absorbs most of the remaining UV light by adulthood and UV is well recognized as a risk factor for cataract as a result. So is the retina unaffected and what is the effect of UV on presbyopia? While the population is better informed about the important of skin UV protection, UV exposure to the eyes is more strongly related to the solar angle in the sky than time of day due to the protection afforded to the eyes of the eyebrows and eyelids. In addition, sunglasses often not providing adequate protection as they are usually worn for limited periods, but UV can penetrate cloud and there is a danger to the eyes for most of the day; they dilate the pupils, but most designs allow light around the periphery, which is focused by the optics of the eye, termed the peripheral light focusing effect, magnifying the effect on the nasal cornea/limbus and crystalline lens. Hence the publicised UV index is misleading with respect to ocular damage and soft contact lenses with UV blocking overcome many of the issues related to protecting the eyes. The latest research will be discussed which shows both accommodative and retinal benefits of UV protection.

For HKAOK/HKCCLS members, please register via Secretariat: enquiry@hkaok.org.

For SO staff, please register [here](#). For enquiries, please contact Mr Horace Yeung: horace.hl.yeung@polyu.edu.hk.