

## **Eye on Health**

### **Averting Night Blindness**

(NAPSA)—Night blindness—the failure of the eye to adapt promptly from light to darkness—reduces the ability to see in dim light or at night. The Better Vision Institute recommends taking the following steps to minimize problems associated with night blindness:



**Night blindness can be the result of cataracts, disease, and even the effects of LASIK surgery. It also can be an inherited trait.**

- Visit your eyecare professional if you are having any problems seeing at night. This is important because this may be a symptom of a more serious problem that only your eye doctor can diagnose.
  - Buy eyeglass lenses with special anti-reflective (AR) coatings that eliminate the glare that often places night drivers in danger.
  - Wear quality sunglasses with UV protection during long periods of bright daylight to assist in regaining normal vision at night.
  - Give your eyes time to adjust to darkness before driving or engaging in any other nighttime activity requiring good vision.
  - Consider having an extra pair of glasses for evening wear. Your eyes' reaction to darkness may require a different prescription for night driving.

For more information, visit the Better Vision Institute Web site at [www.visionsite.org](http://www.visionsite.org).