CHOICE BluSelect

Selective Blue Light Cutting Lenses 1.60 High Index MR-95 • 1.67 High Index MR-10





A new ophthalmic lens material that helps protect eyes from not only ultraviolet (10-400nm) light rays but also 400nm-420nm wavelength light. The human eye can be damaged by exposure to sunlight, in particular UV light. Recent studies have shown, however, that shorter wavelength light from 400nm to 420nm also damages the retina, which is the most vulnerable tissue of the eye, and this can be one of the factors, which accelerates the development of Age-related Macular Degeneration (AMD) and cataracts. Although many conventional sunglasses, in addition to protecting eyes from UV rays, provide protection from shorter wavelength light, general vision correction lenses do not.

Sources of blue light include the sun, digital screens (TVs, computers, laptops, smart phones and tablets), electronic devices, and fluorescent and LED lighting.

Beneficial Effects: Blue Turquoise Visible Light

- Memory and Cognitive Functions
- · Helps regulate circadian rhythm
- · Elevates moods and boosts alertness

Negative Effects: Blue Violet Visible Light

- Digital Eye Strain
- · Greater risk of certain types of cancers
- · Greater risk of heart disease, obesity and diabetes
- May cause permanent eye damage and increase
- the risk of AMD (Age Related Macular Degeneration)



Available in Finished and Semi-Finished Single Vision, as well as Digitally Customized Lenses.



www.centennialoptical.com