## **ELUE, YOUR MY BOY** Dr. Ryan Parker









Light and ARMD

\_\_Crystalline lens Cornea













































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	6					
	sun	Plasma IV	sman Phone	LCD Monifor	CRI Monifor	
	3.71	0.035	0.007	0.013	0.025	
lewing Distance	Indirect	6ft	1ft	2ft	2ft	
420-440 nm integrated irradiance values (w/m2) of common artificial light sources against solar diffused light						































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INDO QRS INDO QRS Bischard Clear Lens Standard Clear Lens Bischarder 20% indoorsbis 2% more than 2 clear Lens Bischarder 2 clear Lens

32













## Summary

Harmful Blue Light (415-455nm) is known to have adverse effects on the retina at the levels encountered in sunlight!

Electronic devices and modern lighting emit Harmful Blue Light- but it is <u>NOT known if the levels are sufficient to cause damage</u>.

There are NO known benefits associated with Harmful Blue Light.

Consumer awareness is at an all time high

Recommended Reading: Hiroyuki Nagai, MD, et al., Prevention of increased abnormal fundus auto-fluorescence with blue light-filtering intraocular lenses, J Cataract Refract Surg 2015; 41:1855-59

## THANK YOU!

Dr. Ryan Parker