

# Blu Tech Lenses

Our office is proud to announce the arrival of Blu Tech Lenses for computer, iPad and iPhone/Android users. Scientific studies have now demonstrated toxic effects of blue light on the patient's visual system, specifically the macula which is the critical seeing part of the retina.

These lenses are able to filter out a significant portion of the blue region of the visible light spectrum which adds to the risk of developing both cataract and macular degeneration.

Not only are the Blu Tech lenses recommended for indoor use with digital technology video display instruments, but also for the outdoors. The outside lenses are polarized for a sunny environment.

In addition to computer, iPad and iPhone users these lenses are recommended for patients with a family history of macular degeneration and cataracts, postoperative cataract patients and children under the age of 18.

In addition to wearing these lenses, the taking of antioxidant nutritional supplements such as Lutein and Zeaxanthin can help raise the macular pigment optical diversity index so as to decrease the risk of both cataracts and macular degeneration.