

4-22-2022

Debunking Medical Myths: Can Blue Light Glasses Save Your Eyesight?

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Recommended Citation

Lehua Ma, Sara; Baki, Jad; Zraik, Lara; Sadasivan, Tulsi; Ritsema, Wouter; and Baroni, Nicolas, "Debunking Medical Myths: Can Blue Light Glasses Save Your Eyesight?" (2022). *Patient Education Projects*. 303. https://digitalcommons.wayne.edu/pat_edu_proj/303

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FACT OR FICTION?

Red Group 42

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Can blue light glasses save your eyesight?



of computer users experience eye strain or eye fatigue

According to the American Academy of Ophthalmology, light coming from a computer has never been demonstrated to cause any eye disease.



Studies show blue light lenses partially block high energy, short wavelength blue light emitting from screens, but...

...in a systematic review, only a small subset of blue-light lenses tested had any clinical effects.



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involve implantation of a synthetic blue-light lenses, despite lack of evidence of macular protection

Blue-light glasses **do not harm** performance on visual tasks, like color differentiation (FM 100-hue test) and night vision

Based on the best up-to-date research, it is **inconclusive** that blue-light filtering lenses impart any retinal protection or prevent age-related eye disease