

# Is glare affecting your vision? Filters may help!



**DECEMBER 2021**

Glare. Webster's dictionary defines it as a harsh, uncomfortably bright light. It's caused by the sun, snow, water, headlights, computer screens, tvs, fluorescent lights... it seems like we can never escape it!

Luckily, the Eyedea Shop at Cleveland Sight Center has a solution: filters. We carry a full array of filters designed to help combat glare. A variety of styles are available, from wrap-arounds to newer, sleek designed fit-overs at various price points.

So what type of filters might be helpful? Well, let's consider the source of your glare.

### **Here are just a few examples and suggestions:**

- Outdoor glare caused by the sun, water, or reflection from snow can typically be reduced by polarized grey or amber filters.
- Indoor glare, caused by bright overhead lighting, can be controlled with yellow filters. Yellow filters can also enhance contrast and may be very helpful in reducing glare from headlights while driving.
- Got headaches? Plum filters may help reduce the severity and frequency of light induced headaches.
- Blue blockers are specifically designed to reduce glare and eye fatigue caused by blue light emitted from computer monitors, phone screens and other digital screens.

The fit of your frame is just as important as the color filter you select. Your frame should fit comfortably and conform to your forehead. A proper fit is necessary to block light coming from above and from the side. It is also important to choose a frame large enough to fit over your eyeglasses.

All of these products and more are available at the Eyedea Shop. Stop in today or visit us online ([eyedeashop.com](http://eyedeashop.com)) to find out if filters can help maximize your vision.

Visit this link to view a video that highlights the available filters: <https://youtu.be/OExcKFToALg>

**CSC's Eyedea Shop has quality and helpful low vision aids for purchase that make daily life easier. We offer Ohio's largest selection of items to assist in daily living.**

**The Eyedea Shop is open to the public Monday - Friday from 9:00 am – 5:00 p.m.**

**Learn more by calling 216-658-4666 or visiting [eyedeashop.com](http://eyedeashop.com)**