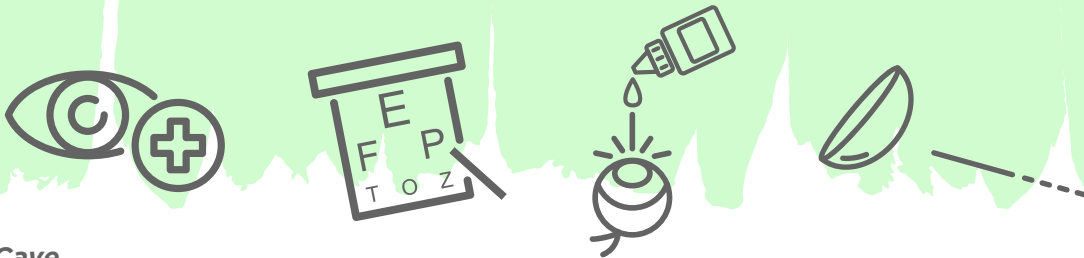


EYE SPY WITH MY LITTLE EYE. LIGHT-ADAPTIVE CONTACT LENSES ARE COMING!



By **Michelle Cave**

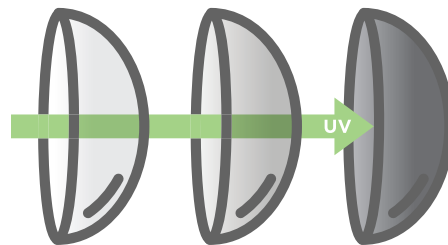
Many of us know someone who wears prescription eyeglasses that turn into sunglasses when they are exposed to sunlight. These are also known as **photochromic lenses**.

For the last 50 years, this convenient option was only available in eyeglasses, but now a change is on the horizon for consumers who wear contact lenses.

Pending approval from the **U.S. Food and Drug Administration (FDA)**, contact lens wearers will have an additional product choice, providing them the ability to enjoy the convenience of lenses that continuously balance the amount of light entering their eyes.

As an added benefit, these lenses will help reduce bright light indoors and outdoors, and will also filter blue light exposure. Scheduled to be commercially available by mid-2019, these light-adaptive, corrective contact lenses will be reusable and can be worn for up to 14 days.

Although these contact lenses filter light entering the eye, they do not filter harmful ultraviolet (UV) light from the sun and therefore should not be used in lieu of sunglasses with UV protection.



Photochromic Lenses or Transitions Lenses

As with other contact lenses, wearers should care for the lenses properly according to the instructions provided by their eye-care professional.

All contact lenses must be prescribed by a licensed, eye-care professional and sold by a licensed optometrist, ophthalmologist (physician or surgeon), or registered dispensing optician.

To verify the license of an optometrist or an ophthalmologist check their board's respective website at **www.optometry.ca.gov**, **www.ombc.ca.gov**, and **www.mbc.ca.gov**.

*This blog post originally appeared on the Department of Consumer Affairs blog, **The DCA Page**.*