

## Who We Are

### About Us

Dr. Cecchi offers a wide variety of eye and vision related services.

Specializing in cataract surgery, he also offers comprehensive eye exams, glaucoma screening and treatment, macular degeneration monitoring, and functional eyelid surgery.

### Contact Us

Phone: 315-425-7722

Email: [drc@cecchimd.com](mailto:drc@cecchimd.com)

Web: [cecchimd.com](http://cecchimd.com)

### Locations

Madison-Irving Building  
475 Irving Ave. Suite 420  
Syracuse, NY, 13210

581 Main St. Oneida, NY, 13421



**Sun Protection  
For Your Eyes**

Sunglasses can be your most important accessory, going a long way towards protecting your eyes from both short and long term damage caused by ultraviolet (UV) light of the sun. Cataracts and Macular Degeneration are leading causes of vision loss among older adults and are just some of the possible consequences of prolonged exposure to the sun. Picking the right pair of sunglasses is very important. Keep the following tips in mind.

Lenses should offer 100% of both Ultraviolet A (UVA) and Ultraviolet B (UVB) protection. Make sure to read labels when a manufacturer or supplier makes this available. If unavailable, request that the lenses be tested for UV protection. A high price generally means increased durability or higher fashion and not greater protection.

Sunglasses should cover the entire eye area and wrap all the way around your temples. Full coverage means the sun's rays cannot enter from the side. Wrap around styles may also reduce the drying effect of the wind.

Lens color can affect the degree of protection and comfort. Brown tinted lenses improve contrast and depth perception. Gray tinted lenses distorts other colors to a lesser degree.

Polarized lenses are the best choice for overall sun-wear protection. They are the only lenses that eliminate virtually all glare. Polycarbonate is considered a lens material of choice for having the safest, thinnest, and lightest lens combination, but your individual activities and lifestyle may be important factors in determining the lens material that is best for you. Talk to your optician about the other choices of high-index lenses or glass lenses.

Sunglasses should be worn with a wide-brimmed hat or baseball hat to further block the sun's rays.

Never look at the sun directly; even repeatedly staring at the sun reflected on water can damage your eyes.

Contact lens wearers should also wear sunglasses to block out harmful sun rays.

Certain drugs might make your eyes more light sensitive, be sure to read drug labels and take proper precautions.

Remember your children's eyes are more prone to sun damage than adults because their natural lens in the eye is clearer, so their eyes should also be protected.

