

Shocking Secrets of Eye Color

Written by Lauren Topor

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Dr. Rochelle Myers of Southwestern Eye Center revealed the telling secrets of eye color. With nearly 20 years in the field and six years spent in Arizona, Dr. Myers is an expert optometrist.

Our irises are ever-changing throughout our lifetime. From the moment we are born, there is a shift in the shade and coloration of our eyes. Typically we are born with blue eyes but as melanin pigment is deposited into the iris the color may fade to brown. Dr. Myers says that most eye color changes happen within the first three years of life. Ten to 15 percent of the Caucasian population will experience color lightening during their lifespan due to degradation of melanin pigment granules.

Brown eyes are among the most common except for countries located around the Baltic Sea where most eye color tends to be blue. Green is one of the most rare and desirable eye colors; however, shades of violet and amber are highly rare and unique.

Light eyes are most desirable and people often seek to change their look by turning to colored contacts for a more exotic and attractive appeal. A company called Stroma Medical has recently uncovered a breakthrough procedure that can permanently change brown eyes to blue. The technique involves a new laser technology that releases brown pigments from the iris, leaving behind a blue hue that becomes richer in color over the span of a few weeks.



Southwestern Eye Center's very own Dr. Campion is currently researching a new technique to change eye color by injecting dye into the cornea.

South Americans are going to extreme lengths to make their eye color more desirable by using colored iris plates that are inserted into the eye to change the color.

Dr. Myers stresses that the current procedures for changing eye color are not FDA approved. The only FDA-approved method to safely change eye color is by using colored contact lenses. Before committing to wearing colored contacts be sure to consult a professional and partake in an eye exam to evaluate the health of the eyes and to ensure proper fit. The wrong fit can lead to discomfort, blurred vision, cornea ulcers, infections and, in severe cases, complete loss of vision.



Dr. Myers revealed the truth behind a common myth that most expecting parents believe to be true. It was believed that parents could predict their eye color of their children, but science has shown that it is not quite that simple. Human eye color originates with three genes. The OCA2 gene controls the amount of melanin pigment produced accounting for nearly 74 percent of the total variation in eye color. Eye color does not come out as a blend of each parent's eye color like mixing two colors of paint. Each parent has two pair of genes on each chromosome leading

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to multiple possibilities.

Eye color is one of the first characteristics that people notice. It is a feature that often attracts many people to each other. When seeking a change in eye color always consult professionals like the team of doctors at Southwestern Eye Center.

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