

Summer Lovin’ One Thing You Can Do to Protect Your Eyes

Most people only wear sunglasses to reduce glare. But there is another and more important reason why people should wear sunglasses. Proper sunglasses can protect your eyes from ultraviolet (UV) radiation; UV radiation may lead to short-term and long-term consequences. It is not too late to start wearing sunglasses to keep your eyes healthy all year long!

What can UV radiation do to our eyes?

- Cataracts – benign growths on the surface of the eye which clouds your vision
- Macular degeneration – the leading cause of blindness, damage to retinal tissue at the back of the eye
- Photokeratitis – temporary, but painful sunburn of the eyes
- Surfer’s Eye (Pterygium)– abnormal tissue growth on the white surface of your eye (only treatment is surgery)
- Increased risk of skin cancer around the eyes



Why is it important to wear sunglasses?

Children	- child’s eye transmits more UV light than the adult eye because it is not fully developed - higher risk for skin and eye damage
Adults	- cancer and disease prevention - maintenance of eyes - wrinkle prevention
Elderly	- higher risk of eye-related disorders - cancer and disease prevention - maintenance of eyes - wrinkle prevention



Choose the right pair of sunglasses!

- ✓ Block UVA **AND** UVB radiation (both types are harmful to your eyes)
- ✓ Should have a label stating 99 or 100 percent UV absorption
- ✓ Larger frames
- ✓ Wraparound styles that wrap around the sides of your face
- ✓ Comfortable and will stay in place



More Tips

- Just because they are darker, polarized, or designer sunglasses, it does not mean they offer greater protection.
- You may want to purchase multiple pairs of sunglasses to leave in your car, backpack, purse, and gym bag to ensure you can protect your eyes throughout the day.
- Wear sunglasses even on cloudy days and in winter months because UV rays can still penetrate through the clouds.

Fox News. (2007). Five reasons to wear sunglasses. Retrieved from www.foxnews.com/story/2007/06/11/five-reasons-to-wear-sunglasses.html

Schocker, L. (2013, August 28). What you didn’t know about sunglasses. *Huffington Post*. Retrieved from www.huffingtonpost.com/2013/08/28/how-to-buy-sunglasses_n_3826859.html