

# Health & Beauty

## A New View On Eyewear

### Four Things To Know Before Buying Your Next Pair Of Eyeglasses

(NAPSA)—You may think all you can expect from your glasses is vision correction. As a result, you may miss out on features that can greatly enhance visual comfort and eye protection.

Ensuring protection from the sun's eye-damaging rays should be a top consideration when selecting eyewear. Research indicates that cumulative damage from exposure to ultraviolet (UV) rays may contribute to serious sight-threatening diseases, such as macular degeneration, cataracts and even blindness.

With so many options—from UV protection to lens materials and designs to anti-reflective coating—knowing what to buy may seem confusing.

Here are four things to know when selecting proper eyewear:

#### 1. Focus on the lenses first.

Consider what you will need them for and discuss this with your eyecare professional. Some factors to consider are your prescription, lifestyle and your eye and medical histories.

Bothered by glare and reflection on your lenses? An anti-reflective treatment works to provide the clearest, sharpest vision.

Sit in front of a computer for several hours a day? There are lenses created to relieve both eye strain and tiredness.

Want comfort, flexibility and protection all rolled into one everyday lens? Consider photochromic lenses. They are clear until dangerous UV rays are present. They turn as dark as sunglasses by automatically adjusting their level of darkness based on the amount of UV radiation. Transitions® lenses are the No. 1 eyecare professional-recommended photochromic lenses worldwide.



**Photochromic lenses are clear indoors and darken when exposed to the sun's rays.**

#### 2. Choose your frame.

Ask your eyecare professional to help you choose a frame that will work well with your prescription. Your frame should match your face and personality. You should contrast the shape of your frame with the shape of your face. For example, rectangular works well for round faces, round for square faces. Your frame size should be in scale with your face size, and the color should complement your skin tone and hair color.

#### 3. Are Transitions® lenses right for you?

Transitions lenses are a convenient, everyday solution as they fit in virtually every frame and block 100% of UVA and UVB rays, while reducing discomforting and disabling glare.

#### 4. Is more than one pair necessary?

One pair of glasses can't do it all. Even if your primary pair of glasses is photochromic, it's helpful to have sunglasses for the car. Occupational safety glasses, computer glasses and specialized sports glasses can also all be invaluable.

For more information on eye health and eyewear, visit [www.eyeglassguide.com](http://www.eyeglassguide.com).