

Health Hints

Sunglasses Aren't Just For Sunny Days ®

(NAPSA)—Every day—whether it is sunny or cloudy, and despite the season—we are exposed to ultraviolet (UV) radiation from the sun. While many people are aware of the benefits of protecting their skin with clothing and sunscreen to prevent UV exposure, they do not take precautions to defend their eyes.

Sunglasses are the best way to protect the eyes and the sensitive skin around the eyes from overexposure to the sun's UV rays. Unprotected exposure can lead to cataracts and macular degeneration, two of the leading causes of vision loss among older Americans.

When choosing sunglasses, select sunglasses that block both UVA and UVB rays and buy from a reputable retailer. Anyone that is outdoors at any time of year, whether it's sunny or overcast, should protect their eyes by wearing appropriate UV protection, such as:

- Over-Rx sunglasses designed to be worn over prescription eyeglasses;

- Photochromic lenses, which darken to a sunglass lens as you move from the indoors out, providing a convenient way to defend eyes;

- Polycarbonate lenses for eye-wear that offers UV protection as well as impact-resistance for sports eye safety;

- For extra protection choose wraparound sunglasses or glasses with larger temple pieces to help block the sun from side angles.

To learn more about sunglasses to fit your lifestyle, visit www.thevisioncouncil.org/sunglasses.