

UV and Vision

Ask YOUR Optometrist

As you may know, skin is not the only thing that can be damaged by sunlight; your eyes can also be affected by excessive exposure to bright light and ultraviolet (UV) rays. UVA and UV-B rays can contribute to cataracts, age-related macular degeneration and eyelid cancer.

We protect our skin with sunscreen, but what about our eyes? To avoid sun damage, take measures to protect yourself: Wear sunglasses that block both glare and UV-A and UV-B rays.

Dark lenses and expensive price tags don't necessarily offer the required protection. Your optometrist can help you select the best sunglasses for your eyes.

UV protection is also available for your clear prescription glasses. Select frames that shield light and rays from all angles- Wrap-around sunglasses are the best choice. Also, wearing a wide-brimmed hat and avoiding prolonged sunexposure, especially during peak hours when the rays are strongest, are other ways to protect yourself. Take note, clouds aren't effective filters of the harmful rays, so be sure to don your sunglasses on bright, cloudy days too!



When you shop for sunglasses look for the two primary components: the tint that prevents glare and the UV coating that protects your eyes from harmful UV rays.