



Protect Your Eyes from Ultraviolet Rays

Protecting your eyes from the harmful ultraviolet rays of the sun is very important to the health of your eyes. The sun's damaging rays can cause skin cancer of the eyelids, pterygia (yellow growths on the white of the eye) and may contribute to cataract formation. Squinting in sunlight also causes crow's feet to develop.

Some things to consider when choosing sunglasses:

Larger lenses and wrap around sunglasses provide added UV protection.

Polarized lenses are designed to block out sunlight glare that bounces off windshields, pavement and other smooth surfaces.

If you often wear corrective lenses outdoors, consider prescription sunglasses that protect against UV rays and glare and enhance your vision.

To convert ordinary corrective eyeglasses to sunglasses, try clip-on tinted lenses.

Consider wearing photochromic glasses that darken automatically outdoors, then lighten again when you go back inside.