



## Choose Your Sunglasses Wisely

Prolonged exposure to intense sunlight can have damaging effects on your eyes. Choosing a pair of sunglasses is therefore a matter of health and wellness, as well as fashion.

The ultraviolet (UV) rays in sunlight are an invisible form of radiation. Exposure to these rays can increase your risk for eye problems, including:

- Macular degeneration – the leading cause of vision loss among older Americans
- Cataracts – a clouding of the eye's lens
- Temporary burns on the eye
- Pterygium – non-cancerous growths on the corners of the eyes
- Cancer of the skin around the eyes

The next time you buy sunglasses, find a pair that blocks 99 – 100% of UV rays. Beware if this is not explicitly stated.

Also, keep in mind that mirror coating and polarized or gradient tints can reduce glare or visible light, but UV rays won't be blocked unless there is a UV coating.

Finally, it may be tempting to think that darker sunglasses protect your eyes more than lighter sunglasses. But, UV blocking comes from the UV coating – not the color of the lenses.

Source: American Cancer Society



### For even more protection from the sun:

- Wear a wide-brimmed hat.
- Be a shade-seeker, especially during the UV-heavy hours of 10 a.m. to 4 p.m.
- Use sunscreen with a sun protection factor (SPF) of 15 or higher.

**For more information regarding the TeamHealth Wellness Program, go to the Wellness Website ([teamhealth.com/wellness](http://teamhealth.com/wellness)).**