



Shades of Summer: What to look for when purchasing sunglasses

Prevention and Protection

When we think of sunglasses, a question always arises: Do we want to look good or see better? It is clear that sunglasses are a fashion statement representing style and personality. However, the true benefits of sunglasses are often forgotten. Everyone is at risk from ultra-violet (UV) radiation damage. Over-exposure to the sun can have a direct effect on your eye health in many ways by causing:

- Cataracts
- Aged-related macular degeneration
- Melanoma
- Wrinkles around the eyes
- Changes in night and color vision
- Tissue growth on the eyes

In addition to preserving your eye health and preventing any sun-related vision damage, sunglasses also have many other benefits, including:

- Enhances contrast, visibility and visual performance
- Protects your eyes from wind, pollen and dust
- Reduces eye fatigue from glare and squinting
- Comforting dry eyes and reduces tearing

Lens technologies

There are many different forms of sunglass lens styles available and the right lens can drastically alter visual performance and eliminate the problems with glare and UV radiation. Some lens options include:

Polarized Lenses: Special horizontal polarizers filter out reflected glare off of shiny surfaces such as water, windows, dashboards and even concrete and pavement. These lenses improve contrast and visibility, while reducing squinting and eyestrain. Polarized lenses are lens-of-choice for people who spend time on the water or long hours driving in the car.

Photochromic “Transitions” Lenses: Change automatically from clear to dark with UV exposure, then back to clear when indoors. These lenses provide the right level of protection and comfort depending upon the lighting conditions. Photochromic lenses are the lens-of-choice for the person with constant change from indoor to outdoor activities.

Tints: Controls the amount and type of light reaching the eye. These lenses improve performance by enhancing color and overall visibility.

Brown/amber/copper: Filters blue light, great for driving, golf, water and snow sports.

Gray/green-gray: General purpose tint, reduces glare and maintains natural colors.

Yellow/rose: Enhances contrast in lower light conditions, great for shooting and dim light driving.

Polycarbonate Lenses: Strong and impact-resistant. These lenses are a perfect combination for high impact or competitive sports. It is also the most widely chosen lenses for children and sunglasses.

Anti-Reflective Coating: Reduce distracting reflections, improving contrast, visual acuity and comfort in difficult lighting conditions. This coating is important for people with high astigmatism, night driving, computer users. The most visually disturbing lens reflections are from the back, where the surface of the lens acts like a mirror. Dark-colored lenses accentuate this effect, while anti-reflective coatings reduce or eliminate it.



Sunglasses Know-How: Frequently Asked Questions

Q: What should I consider when selecting my sunwear?

A: You should consider both the frame and lens when purchasing a new pair of prescription or non-prescription sunglasses. Does the sunwear provide the look and image you want to achieve? Does it have the performance features you need for sporting activities? Is the frame comfortable, lightweight, durable and flexible? If you have skin allergies, is the frame hypoallergenic? If they are intended for high impact use, are the lenses appropriate? Is the color and darkness of lenses appropriate to enhancing your activity and comfort? Does it provide maximum UV protection? What types of enhancements are available to improve your performance and comfort (i.e. polarized, photochromic, anti-reflective lenses)?

Q: Do darker lenses indicate more UV protection?

A: No, the amount of UV protection is not dependent on lens darkness. Lightly tinted lenses can easily block up to 100% UV.

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However, darker lenses can better protect and preserve night vision and may also provide greater comfort depending on the use and light sensitivity of the wearer.

It is very simple to preserve your vision and protect your eyes from the sun simply by wearing sunglasses with the maximum UV protection. Remember...sunglasses are to your eyes like sunscreen is to your skin. You should use both whenever possible while spending time in the sun. With all of the lens options available today, you can shield your eyes from harmful UV rays and prevent any sun-related vision damage, while still looking stylish and fashionable. **HB**

For more information about sunglass selection, please contact Dr. Ivan Tsai or Dr. Shilah Tsai of Huntington Beach Optometry by phone at (714) 840-2020 or via e-mail: drivantsai@hboptometry.com or drshilahtsai@hboptometry.com

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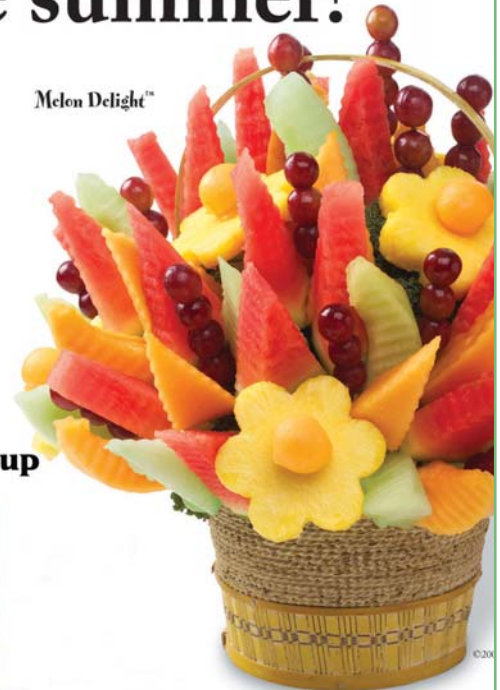
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