

BENEFITS OF WEARING SUNGLASSES(Shades)

Sunglasses not only make you look cool and attractive they also have significant medical benefits as exemplified below. Excessive ultraviolet radiation can cause many serious pathological conditions..

Most people wear sunscreen to protect their skin from the damaging effects of the sun's UV rays, but overlook the sensitive and exposed area of their eyes. Overexposure of the eyes to UV rays can lead to a variety of health problems. So in addition to keeping you looking good while you're outdoors, sunglasses can also protect you from a variety of health issues. These include:

- **CATARACTS:** One of the main causes of cataracts are long-term exposure to UV rays. Cataracts can cause problems with vision. The risk of developing cataracts can be diminished by wearing sunglasses with UV protection.
- **PHOTOKERATITIS:** Photokeratitis is essentially a sunburn of the eyes. It can develop after several hours under intense UV ray exposure, and will cause painful, teary eyes. Prevent photokeratitis from developing on your eyes by wearing sunglasses with UV ray protection.
- **EFFECTS FROM JET LAG:** Studies show that when you limit your exposure to UV rays during a long plane trip, the effects of Jet Lag may be greatly diminished. Ultimately, reducing your exposure to UV rays during a plane trip may help to trick your biological clock and help adjust to the time difference faster.
- **PINGUECULA:** A pinguecula is a non-cancerous eye growth on the white part of the eye that can develop in everyone from kids to seniors. Anyone who spends a lot of time outdoors, especially in a dry climate, without protecting the eyes from harmful UV rays is at risk. A pinguecula is relatively painless, but may cause the eyes to feel as though a speck of dirt is lodged under the eyelid.
- **PTERYGIUM:** Pinguecula can develop into pterygium if not treated. This is a thick growth of tissues and blood vessels on the eye. Pterygium can cause vision disturbances when the growth extends over the cornea. This may need to be corrected with minor surgery. Wear sunglasses with UV protection at any time.
- **SKIN CANCER:** According to the Skin Cancer Foundation, "The eyelid region is one of the most common sites for non-melanoma skin cancers." The article, found on the Skin Cancer Foundation website, goes on to state, "skin cancers of the eyelid, including basal cell carcinoma (BCC), squamous cell carcinoma (SCC), and melanoma, account for five to 10 percent of all skin cancers." Although this fact ties in with protecting yourself from UV rays, it still provides true insight on the importance of sunglasses.

Therefore wear your sunglasses style and pride and also reap the benefits outlined above