

## Sunglasses

Sunglasses are popular for comfort and fashion, but now there is medical evidence supporting the use of sunglasses to protect the long-term health of the eyes.

More than a dozen studies have shown that spending hours in the sun without proper eye protection can increase the chances of developing age-related eye diseases like cataracts and macular degeneration.

Ophthalmologists now recommend wearing UV-absorbent sunglasses and brimmed hats when in the sun long enough to get a suntan or sunburn.

Polarized lenses cut reflected glare, like sunlight off water, pavement, or snow. Sunglasses with polarized lenses are popular for fishing, driving, and skiing.

Wraparound sunglasses should be considered by commercial fishermen, mountain climbers, skiers, or anyone who spends time at high altitudes or on the water.