



SUNGLASSES FOR CHILDREN



Scientific evidence shows that exposure to UV light can damage your eyes. The most immediate danger to children is photokeratitis, a painful type of corneal sunburn linked with bright sunlight reflected off beaches and ski slopes. Long term exposure can lead to cataracts, skin cancer around the eyelids, and even macular degeneration.

The sun emits many types of rays including the following

- Visible light - this lets you see
- Infrared radiation - invisible light felt as heat
- Ultraviolet radiation (UV) – invisible light or the “sunburn” ray

It is recommended that everyone, including children, protect their eyes from the sun’s harmful rays. Sunglasses with UV protection can help boost the eye’s ability to filter out the damaging rays. However, if the sun wear does not block the UV rays, it may actually be more harmful to wear the sunglasses. Sunglasses without the UV protection shade the eyes from the bright sun causing the pupil to dilate and allowing more harmful rays into the eye. The following guidelines can be helpful when purchasing sunglasses:

- Shop for sunglasses that block 99-100% of UV-A and UV-B rays.
- Look carefully for any scratches, bubbles, or distortions. You can hold the lenses up to a window and make sure the horizontal and vertical window components are straight.
- Check the sunglasses periodically to make sure they fit appropriately.
- Select sunglasses that suit children’s active lifestyle. The lenses should be impact resistant (polycarbonate) and the frame should be durable.
- Have the child try on the sunglasses before purchasing. The lenses should be large enough to shield the eyes from most angles.
- Choose a wide-brim hat for your child to maximize protection.
- The price for non-prescription sunglasses will vary. Fashion should be the last thing you look for – remember UV protection, lens quality, and frame durability are most important.
- Browse our children’s selection at West Michigan Eyecare Associates.
- Web Resources: www.sungrubbies.com , www.frubishades.com