

# Here's how sunglasses can safeguard your vision in this scorching summer

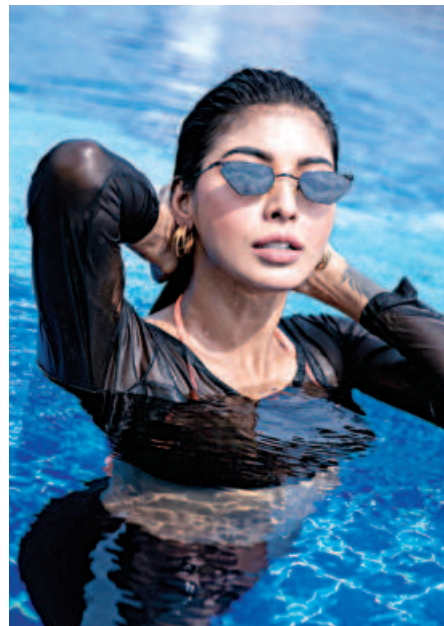
With the heat wave in full swing, our throats are parched and our skin is left sunburned, sweaty not to mention sticky. While we are chugging litres of water and turning to summer-friendly habits, let's not forget to give our peepers a little break from the harsh rays of the sun. Much to our dissatisfaction, the pressures of work and other responsibilities often require us to venture out into the furnace. But according to studies, excessive heat can damage many of the tissues in your body and our eyes are no exception.

In 2022, a study found that heat and humidity trapped in a pair of goggles might damage your eyes over time. This can lead to eye issues such as fatigue, pain, soreness, and blurred vision. Moreover, summer months are known for causing eye dryness due to excessive spells of heat and wind. The weather, like we are currently experiencing, dries out the tear-inducing film that keeps our eyes lubricated and protected.

Our eyes have three layers of fluid inside them that keep them moist. An oily layer that forms the outside of the tear film, a watery layer that forms the middle of the tear film, and a mucus layer on the innermost part of the tear film. These layers combined help lubricate our eyes to help them stay moisturised whilst washing away debris. When they are dried out, symptoms like stinging or burning, eye redness, scratch sensation as if there's something floating inside or even sensitivity to light. But thanks to ophthalmologists and the fashion industry, sunglasses were made with the intention to cater to comfort and style statements to consumers. The following reasons will remind you to keep those shades on under the blazing sun —

## Protection from UV rays and airborne debris

Between 9 AM – 3 PM, the sunlight is at its harshest, especially during this heat wave.



If you are out for classes, running errands, working, or simply meeting people, it would be essential to carry your favourite sunnies.

Wearing sunglasses protects your eyes from ultraviolet (UV) rays which can adversely affect eyelids, cornea, lens, and retina. A good pair of sunglasses block 100 per cent of the sun's harmful UV rays. Moreover, the glasses work as a shield to protect your eyes from the wind blowing dust, sand, and other airborne particles which could irritate your eyes and even scratch the cornea which could permanently damage them.

## Navigate better through light-sensitivity

Too much of a good thing can sometimes be a bad thing. The same goes for sunlight — even though it's necessary for us to soak

up some Vitamin D, too much exposure to the sun can very well blind us. If you are having to squint or block the sun's rays with your hand, that's not exactly a pristine vision. Additionally, if this occurs whilst you are crossing a main road or driving, it can easily become a recipe for disaster. In order to prevent these situations, shades come in handy as they can help you navigate safely, especially if you have issues like light sensitivity; they can safeguard you and others from meeting with severe injuries or accidents.

## Reducing future occurrences of eye diseases perpetuated by sunlight

There is substantial research that shows that exposure to the sun's harmful UV rays on a daily basis can gradually increase the risk of developing cataracts, macular degeneration, and other eye conditions over the years. Cataracts are a yellowish clouding of the eye's natural lens that can cause light sensitivity and blurred vision. Macular degeneration is a deterioration of the macula—the central part of the retina responsible for your detailed, up-close vision, such as seeing people's faces, reading or watching tv. The sun's rays can also cause eye cancer and a condition called pterygium, a growth of excess tissue on the eyeball. Hence, it's advisable to keep wearing sunglasses to prevent such diseases from occurring in the future.

## Improves outdoor vision

The best way to ward off the brightness and glare of the blazing sun is to invest in polarised lenses to improve your vision. These can immediately cut down the sun's glares that bounce off horizontal surfaces such as the sea, sidewalks, or glasses. Thus, adjusting your ability to see colour and contrasts.

## Reduces headaches or migraines

If you are someone who frequently suffers from headaches or migraines, you would know better that sunlight can often trigger these pain flares. When buying sunnies, make sure you get dark lenses, preferably sold at outlets which specialise in medically approved optical wear, particularly those which fully block UVA and UVB rays. This way you can both enjoy the sunlight while safeguarding your vision.

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