

2 UVA vs UVB vs UVC ^[2]

UVA ray: UVA rays contain the lowest amount of energy and can travel through the cornea to reach the lens and retina. Excess UVA radiation may contribute to specific types of cataracts and macular degeneration.

UVB ray: UVB rays contain a higher amount of energy than UVA rays. Some UVB rays can be filtered through the atmosphere's ozone layer, but some still can pass through. Excessive UVB radiation exposure is linked to various eye diseases, such as photokeratitis, pterygium, and pinguecula.

UVC ray: UVC rays contain the highest amount of energy. Fortunately, most of them are filtered by the atmosphere's ozone layer and prevented from harming our eyes. Nonetheless, in cases where the ozone layer is depleted, UVC ray can easily pass through and cause serious harm to the eyes.

3 TIPS OF BUYING SUNGLASSES ^[2]

- Please ensure that your sunglasses block around 75-90% of visible light.
- Select sunglasses that filter out 99-100% of UVA and UVB rays.
- While some contact lenses offer a degree of UV protection, it is still important to wear sunglasses for more comprehensive protection.

Why do we need Sunglasses

4 BENEFITS OF WEARING SUNGLASSES ^[1]

- UV Protection
- Blue Light Protection
- Glare Protection
- Reduce Cancer Risks
- Drive Safer
- Helps with Migraines

5 WHEN SHOULD YOU WEAR IT? ^[1]

It is advisable to wear sunglasses when the sun's UV rays are strongest, typically between 10 am and 4 pm. However, this time range varies depending on the location. People living further away from the equator are exposed to fewer UV rays compared to those living closer to the equator. Additionally, it is recommended to wear sunglasses even when it's cloudy or snowing. Research shows that the reflection of sunlight on snow and water can cause more damage to the eyes than sunlight alone.

1 WHY SUNGLASSES IS IMPORTANT? ^[2]

Studies show that long exposure to UV radiation has been linked to the development of serious eye disorders, including cataracts and macular degeneration. Therefore, it is essential to protect the eyes from the sun's damaging rays.

6 DID YOU GET IT? ^[1]

No matter what time it is, as long as the sun shines, you will need a pair of sunglasses for eye protection. Hence, before going out next time, simply grab a sunglass that is stylish, and comfortable, yet matches well with your outfit.



National Sunglasses Day
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References

1. Huy, A. N., & Huy, A. N. (2020, June 10). Why are sunglasses important? | Eye Health HQ. Eye Health HQ. <https://eyehealthhq.com/why-are-sunglasses-important-7-benefits-of-wearing-sunglasses>
2. Woods, R. (2021, March 24). Everything you need to know about sunglasses. All About Vision. <https://www.allaboutvision.com/eyewear/sunglasses/everything-you-need-to-know/>

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