Seven Tips to Find the Best Sunglasses

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May 15, 2022 By Karen Hoyt

These 7 tips to find the best sunglasses can help you in your search to protect your eyes. As with liver health and skin care, eye health is important. People often overlook eye protection. Yet, it's one of the most effective ways to preserve eye health and function. Studies show that excessive sun exposure is one of the major causes of cataracts. This condition can lead to permanent blindness if not treated early.

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Tip #1: Ensure the lenses block both UVA and UVB rays.

Tip #2: Don't fall for darker lenses.

Tip #3: Choose oversized lenses over smaller ones.

Tip #4: Select brown or amber lenses.

Tip #5: Try not to break the bank.

Tip #6: Consider impact protection.

Tip #7: Use polarized lenses when driving.

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