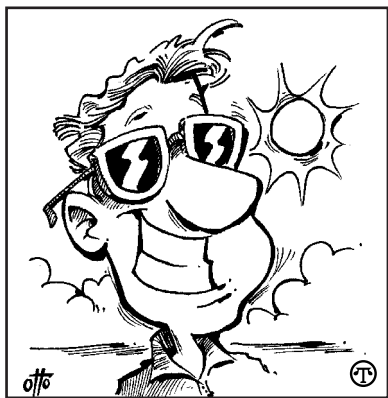


5 Reasons To Wear Sunglasses

(NAPSA)—Just like your skin, your eyes need sunscreen. Overexposure can lead to cataracts and macular degeneration.

- Sunglasses reduce wrinkles by reducing the need to squint.

- Sunglasses make driving safer. Add a polarized coating and you'll see through the harsh glare of an afternoon ride.



Things are looking up for sunglasses wearers.

- Sunglasses improve your performance. The right lens can improve your golf game or help you see a tennis ball better.

- They let you be different. What else changes your look, improves performance and safeguards vision all at once?

“Sunwear is essential for good eye health as well as good looks,” says optician Rene Soltis. “Without protection from ultraviolet rays, your eyes are at greater risk for sight-stealing conditions like cataracts and macular degeneration. And without all that squinting, you’ll reduce your chance of wrinkles.”

For more information on taking care of your vision, and for a weekly chance to win a free pair of quality, designer sunglasses, send your name, address, e-mail address and phone number to Spectacular Sunwear Giveaway, Vision Council of America, 1700 Diagonal Road, Suite 500, Alexandria, VA 22314.

Contest rules are posted on www.checkyearly.com. Winners must be 18 or older. All entrants will receive information about the importance of quality eye care.