

Eye on Health

Protecting Your Eyes In Winter

(NAPSA)—Even with cold weather upon us, don't pack up your sunglasses just yet. The sun can be damaging to your eyes all year-round, especially in winter when ultraviolet radiation bounces off of snow, water and even clouds.

According to Dr. Dean Edell, a licensed ophthalmologist and host of America's number-two syndicated radio talk show, "Sunglasses with 100 percent UVA and UVB protection are the equivalent of



It's important to protect your eyes from the sun, whatever the weather.

sunscreen for your eyes, and will protect against harmful ultraviolet rays that can lead to cataracts, macular degeneration and even skin cancer around the eyelids."

For reading outdoors, Dr. Dean Edell suggests switching to a reader/sunglasses combination that has both UV protection and magnification. Or you can purchase clip-on lenses that attach to your reading glasses. For more information on products like these, visit www.zoomeyeworks.com.

Keep in mind that the tint of the lens does not indicate UV protection, so check the label.

So don't leave home without your 100 percent UVA and UVB protective sunglasses.