

# UV Safety Month



## Understanding polarized sunglasses

In addition to prescription sunglasses, you may want to consider another option closely related to providing safer and better vision: polarized sunglasses. How can they benefit you?

### What is glare?

First, let's learn about glare. On most surfaces, the light scatters as it bounces, because most surfaces are uneven; for example, the face of a building. However, when sun bounces off the smooth surface of a calm body of water, more of the light remains aligned together and reflects off that surface at the same angle. If this angle happens to send the light straight into your eyes as you are driving or fishing, you experience an intense light, called glare.

### Polarization

Polarized lenses have an embedded chemical film in which the molecules are physically lined up to create "slots" through which light can pass.

These lenses will block out the vertically-aligned waves coming at you off the water's surface.

### The benefits of polarized sunglasses

You'll see that the polarized sunglasses provide increased clarity, allowing you to see details better.

The view will be somewhat darker through polarized lenses, but the image will look less washed out.

Prescription polarized sunglasses carry a double benefit for you as a member, providing the protection from glare while outside or driving, along with the visual correction you needed for optimal vision. In addition, many drivers have reported they no longer experience the fatigue they usually encounter while driving on a sunny day, caused by fighting off the sun's glare coming at them for hours at a time.

### Conclusion

While polarized sunglasses do cost more than plain sunglasses, they're a sound investment that will protect an irreplaceable asset. Whether you drive, fish, or just spend a lot of time in the sun, polarized sunglasses could increase your comfort while also protecting your sight.



### Regular eye exams are important

An eye exam allows your eye care professional to get a sneak peek at the blood vessels at the back of your eye. This can help in the early detection of diseases like diabetes and hypertension. Your eye exam is one of the most important preventive care services available to you!

Sources: All About Vision, AAO, AOA, Glaucoma.org, NIH.gov