

# WHY SUN PROTECTION FOR CHILDREN'S EYES IS IMPORTANT.

**The best health care is preventative care, especially in the case of children's eyes.**

People are more aware than ever about the damaging effects of on their skin of over exposure to the sun. Unfortunately, studies show that there is much poorer general knowledge about the well documented adverse effects of UV light on the eye. These include photo-keratitis of the cornea (the equivalent of sun burn), pterygia (thickening of the conjunctiva) and the early development of cataracts. UV radiation is also implicated in the development of eye-lid carcinomas and melanomas, as well as age-related macular degeneration.

Young eyes are particularly susceptible to the adverse effects of radiation for several reasons:

- The clear crystalline lens of a child under the age of 10 transmits 6.5 times more UV radiation than the adult lens.
- Children generally spend more time outdoors compared to adults.
- While approximately half of adults in the Western world wear prescription eyeglasses, which afford UV protection even though they are not sun spectacles, fewer than 20% of children under the age of 18 need such vision correction.

**It is estimated that 80% of cumulative lifetime exposure to UV light occurs prior to the age of 18.**

So, whilst children stand to benefit the most from ocular UV radiation protection, they are the least likely to get it.

It is vital that children adopt good UV protection habits early on in life. For those children who wear prescription spectacles, photochromic lenses offer an ideal solution to the issue of UV protection because they are so versatile, automatically changing to accommodate to a child's active indoor - outdoor lifestyle. All children should avoid the midday sun, cover up with factor 50 sunscreen and UV protection sun wear, put on a 3 inch wide brim cap and of course a pair of 100% UV protective sunglasses, which comply to recognised standards.

We stock many good quality children's sunglasses including fabulous creative lightweight models for 2-5 year olds, aerodynamic sports wrap-around ranges, which affords the best protection possible and funky designs for older children. Prices start from just £20.