



Quality sunglasses are like sunblock for your eyes

Did You Know? Wearing Sunglasses is a stylish and simple way to protect yourself.

The eyelid region is one of the most common sites for nonmelanoma skin cancers. In fact, skin cancers of the eyelid, including basal cell carcinoma (BCC), squamous cell carcinoma (SCC), and melanoma, account for 5 to 10 percent of all skin cancers.¹

Wearing sunglasses is a stylish and simple way to protect yourself. Quality sunglasses and glasses with UV protective coating can block up to 100% of UVA and UVB rays, offering protection for your eyes and the skin around them..

Keep in mind that UV rays are harshest when the sun is high in the sky, from 8 am - 10 am and 2 pm - 4 pm. The closer you are to the earths equator, the stronger they are. They're also stronger at high altitudes and against the reflective surfaces of snow, water or sand.²

So, be sure to wear sunglasses while enjoying the outdoors and schedule your annual eye exam today!

To learn more and to find an eye doctor in your area,
visit: www.eyesiteonwellness.com



These materials are designed to provide general information regarding health care topics, do not constitute professional advice nor establish any standard of care, and are provided without representations or warranties of any kind. Quotations, photos and videos are not from actual patients and your experience may be different. Your treating health care professionals are solely responsible for diagnosis, treatment and medical advice. The eye care professionals in your plan are independent practitioners who exercise independent professional judgment and over whom EyeMed has no control or right of control. They are not agents or employees of EyeMed. Eye care professionals do not take the place of your physician.

© 2013 EyeMed. All Rights Reserved.

