

SUNGLASSES – Protection, Comfort, and Safety!!

Comfort is the ideal for most sunglass wearers, but there is more to choosing a sunglass suited to your specific needs. Before you invest in quality sunglasses, you should know how important some features really are.

Protection:

Ultra Violet “UV” protection SHOULD be your first priority. UV Rays are damaging to the eye, and the effects of UV rays accumulate over a lifetime of exposure to the sun. With thinning ozone layers, it becomes more important than ever to protect our children and ourselves. Increases in cataract formation, macular degeneration, and other UV light related problems are expected. Consider protective sun eyewear for everyone in the family, not just the driver of the family car or adults.

Sunglasses should inhibit at least 95% of all UV light to a wavelength of at least 400 nanometers. Lens color is NOT a reliable factor in determining UV Protection. For this reason, some experts claim dark sunglasses without UV Protection are more dangerous than no sunglasses because the pupil opens wide and lets in more damaging UV rays.

Voluntary labeling for sunglasses has been in effect for some time. Lenses that inhibit UV light should be designated by a tag, sticker, or label. If there is doubt consult a licensed optician for assistance. “Glasses Labeled “FOR COSMETIC USE” are not effective protection from the sun’s UV Rays.

Polycarbonate lenses automatically inhibit 98% of UV light, one of many reasons it is the material used for space shuttle windows.

Photochromatic lenses are a specialty lens that when not exposed to UV light appear clear and upon exposure darken for comfort. Glass Photochromatic lenses are just barely 95% UV inhibitive, while a plastic Photochromatic called “Transitions” inhibit 99% of the sun’s UV Light.

Comfort:

Comfort is the next priority, to most people. Everyone assumes darker is better, but consider your usual activities. How light sensitive are you? Do you frequent beaches in the summer and the slopes in the winter. Are you driving during “rush hour” (sunrise to sunset) for long commutes, or driving all day from place to place? Lots of people forget about long tunnels or other situations that may be less comfortable with very dark glasses.

Tint Color:

Tint color can make a difference. Grey tones do not affect colors around you the way browns and greens do. Browns enhance depth perception and contrast, very handy on those gray days, fog, and snowstorms. Green is more comfortable in hazy situations (early mornings, dusk, and fog.) If you drive for a living more than one pair in a couple of tint colors may be appropriate. Compare colors if possible, outside on a fairly bright day.

Ultimate Sunglasses:

Polarized Sunglasses are considered by many to be the ultimate sunglass. A filter is sandwiched between two thin lenses. It acts much like a micro-blind on a window actually eliminating all light in the horizontal direction. The filter is so thin, it cannot be seen as it removes all reflected glare from objects such as snow, water, cars, windshields, glass and road surfaces. Polarized sunglasses may be prescription or non-prescription, plastic or glass and non-prescription polycarbonate. There are some relatively minor problems, such as possible delamination (splitting of the two layers of the lens), and some lessening of depth perception in certain situations.

Anti-reflective coatings and Mirrors may be attractive to some for their looks and their technical attributes in reducing glare. One sunglass manufacturer has combined polarization with a gradient mirrored inside surface and an antireflective back surface, plus a water shedding coating for a sunglass lens that is so unique that the process is patented. For water lovers it is truly an ultimate sunglass. Its only drawback is that it is made of glass making it heavier than it needs to be and reducing its safety .

Safety:

Polycarbonate lenses may be made into sunglasses, combining extreme light weight, UV protection and vastly superior impact resistance. Since all polycarbonate lenses must be scratch coated, durability is high. There can be some fading of lens color unless pre-tinted lenses are used.

This is the lens of choice for kids and active adults and can be made in very nearly every prescriptions and lens designs. Insist on this lens material for infant thru teens as safety is paramount. Polycarbonate is the most impact resistant material that is used for lenses, it is nearly 40 times more impact resistant than glass or plastic.

Glass lenses are heavier and have lower impact resistance than plastic or polycarbonate. Replace scratched or pitted lenses immediately for your own protection as they loose impact resistance with this type of damage. Clarity is very slightly better in glass and tints that are ground in do not fade or discolor easily. These lenses must be treated to inhibit UV light.

Plastic lenses are lighter and more impact resistant than glass, but must be treated to offer UV protection and they need a scratch coating. Tints fade and discolor on plastic lenses after a prolonged exposure to sunlight. Pretinted lenses are not available.

CHOOSE SUNGLASSES CAREFULLY:

With care and luck in not losing them, quality sunglasses will last quite a number of years and you will enjoy them throughout all the seasons.

Spring, Summer, Winter, and Fall!!

Available at Different Frames of Mind are polarized lenses in glass, plastic, high index plastic, and polycarbonate. Polarized lenses are available for all prescription types, even no-line bifocals. Plain tinted and gradient tinted lenses are available in polycarbonate, plastic, and glass and photochromatics in glass or plastic are available in all kind of prescriptions for the less sun sensitive. For the lucky ones of us who do not require a prescription lens, over 100 styles of sunglasses, all with UV protection, are available immediately. That includes the patented sunglasses that tamed the beaches of Hawaii, Maui Jim glass polarized Sunglasses!

Most of our patients have sunglasses of one sort or another. If it is time to update your prescription sunglasses, shade your eyes while wearing contact lenses, or treat yourself to the necessary luxury of New Prescription Sunglasses, Different Frames of Mind has the selection, the technology, and the expertise to make your SUN Days FUN Days !!

Regardless of the type or age of your sunglasses, please remember that UV Light harms you eyes... Protect them with some type of UV Inhibitive lenses !!

SUNGLASSES What You Should Know!

Want some tips on who should wear sunglasses and what to look for?

There are more important options than style and color. Although safety and comfort are important, you should not have to sacrifice style and color for safety and comfort. Good sunglasses are not always outrageously expensive, nor are they just for older teens and adults. The obvious times to wear sunglasses are on the beach and by the water, but they are important for all outdoor activities. Whether you are playing or working, traveling or sitting, and whether the sunlight is strong or the day is cloudy, dangerous UV rays are present. You, your loved ones, and your children should be protected. You may choose lightly tinted to very dark lenses, polarized, polycarbonate, plastic, glass, or photochromatic lenses, but most importantly choose lenses that screen at least 99% of the UV rays at 400 nanometers.

How can you be sure that the sunglasses that you choose screen the harmful rays of the Sun? All polycarbonate lenses naturally inhibit 99% of the UV rays at 400 nanometers, Glass photochromatics inhibit UV as well. All other lenses must be specially treated to provide the needed protection. You must check the labeling, ask your eyewear professional and trust them to carry reputable product. Always check the labeling and again ask your eyewear professional. Please remember that UV rays have a cumulative effect on the eyes and skin. This makes children especially vulnerable. Overexposure today becomes the cataracts and melanomas of tomorrow. Additional information is available at:

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WHERE THE FOCUS IS ON YOU !!