

IN SIGHT



DIFFERENT FRAMES OF MIND
An Optical Shop

Where the **FOCUS** is on YOU!

Sunglasses... What you should know!

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Want some tips on who should wear sunglasses and what to look for? There are more important options than style and color. (Although 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 water, but they are important for **all outdoor activities**. Whether you are playing, working, or traveling and whether the sunlight is strong or the day is cloudy, dangerous ultraviolet 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 photochromatics (lenses that change), but most importantly, **choose lenses that screen at least 99% of ultraviolet rays at 400 nanometers.** How can you be sure the

sunglasses you choose screen the harmful ray? All polycarbonate lenses naturally inhibit ultraviolet to 380 nanometers and 99% at 400 nanometers. Glass photochromatics inhibit ultraviolet as well. **All other lenses MUST be specially treated to provide the needed protection.** Check the labeling or ask your eyecare professional. Please remember that **Ultraviolet rays have a cumulative effect** on the eyes and skin. This makes children especially vulnerable. Overexposure today becomes the cataracts of tomorrow. Additional information is available at **Different Frames of Mind**, located in the Central East Bldg at 397 E. Central Street in Franklin. Due to popular demand, a special purchase or Polycarbonate sunglasses in nylon frames (with no prescription) for young children is available, but supply is limited. 115 sunglass styles (including Maui Jim) are available for teens and adults. All are UV protective.

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