



## Article Side

How to Prevent Eye Damage: Wearing Prescription Sunglasses by [Vincent Davis](#)

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What incites the complications, like skin cancer and eye problems, is the high level of ultraviolet radiation provided by the increasing damage to the ozone layer. As such, more and more people now assume it required to put on sunscreen, sunglasses, or safety glasses even in mild weather.

However, eye care specialists admonish against improper use of sunglasses. The irises react according to the amount of light the pupil requires. They expand when the environment is dim and contract if it is bright. Understanding that sunglasses can make the pupils dilate, eye care professionals came up with prescription sunglasses to avoid eye damage.

Like an ordinary corrective eyewear, prescription sunglasses are created to assist or treat impaired eyesight. With the protective tint, people who have myopia, hyperopia, or presbyopia can see clearly on a sunny day while preserving proper focus. Tinted corrective lenses are made with a sturdy, flexible plastic resin called allyl diglycol carbonate (ADC) or CR-39. This resin is immune to scratching as well as gamma and ultraviolet radiation.

Some prescription sunglass lenses are composed of polycarbonate, which is a very durable thermoplastic. This strong thermoplastic is also utilized to create bulletproof glass, riot shields, and safety glasses for dangerous jobs. Like allyl diglycol carbonate, the polycarbonate lenses on sunglasses Vancouver optometrists offer are also greatly resistant to ultraviolet radiation. These sunglasses coatings may either be anti-reflective or mirrored, according to one's aesthetic choice.

You may visit an eye clinic Vancouver eye doctors run to determine the present state of your eyes. After all, your eyes may have unique needs that the optometrist may have to think about when fashioning your prescription sunglasses. For example, wraparound lenses, or those that curve to the side of the eyes for additional protection, could distort your peripheral vision. Fortunately, eyewear manufacturers have come up with various ways to reduce this distortion, like lessening the curvature.

Certain types of sunglasses are designed to be appropriate for constant wear. Some people favor photochromic lenses, so they can sport at least one pair of corrective glasses either indoors or outdoors. The tint on photochromic lenses is motivated by ultraviolet light, so that they color when left open to ultraviolet radiation. People need to take an eye exam Vancouver optometrists offer to allow optometrists to devise suitable photochromic corrective eyewear.

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