

How to Choose Protection for your Eyes



- 1- Choose Sunglasses that block both UVA and UVB light**
- 2- Choose from a reputable manufacturer**
- 3- Choose the highest level UVA/UVB protection**
- 4- Select amber or brown lenses if you have macular degeneration or diabetic retinopathy. These colors enhance contrast.**
- 5- For driving- select polarized, brown, grey, green or yellow. They reduce glare**