

Sunglasses and Kids

Sun protection is just as important as sunscreen to protect your child's skin. If you don't protect your skin when you are young, your skin will be wrinkled, hard and sun damaged when you get older. This can lead to skin cancer and melanoma of the skin. Studies indicate that you get 70-80% of your lifetime sun exposure occurs before the age of 18. So anytime you apply sunscreen you should also be applying sun protection for their eyes.

If you don't protect your eyes when you get older you will get earlier onset of cataracts and possible macular degeneration of the retina. Cataract is yellowing of the lens inside your eye. Your lens starts out at birth clear and very transparent. When you develop cataracts at age 60, 70 or 80 the lens is now hardened and yellow. Cataract's reduces vision and require transplantation of the lens (surgery) to restore vision. Macular degeneration is disruption or the retinal pigment inside the eyes. There are limited medical treatments for macular degeneration. Usually at this point glasses no longer will improve a patients vision.

Deciding to get your children to wear sunglasses is a decision that parents and grandparents should choose. It can be a battle in some cases to get children to start wearing sunglasses. However it is a battle that you should pick.

Always keep sunglasses in the car when not being used. The best place in the car is on the side compartment next to your child's seat. If you bring your sunglasses into the house you should walk back out to the car and place it in its case next to your child's seat. The next time you drive away you might not have put the sunglasses back into the car yet.

Never place sunglasses down on ANY counter top or ANY flat surface. The only place sunglasses should be put is on top of you head, hanging from your shirt, in your pocket, in its case or give it back to mom or dad. Leaving sun glasses behind is the most common cause of sunglasses loss.

If you are going into a mall or restaurant, we recommend leaving your sunglasses in the car. The sun protection that you get walking from your parking space into your destination is not worth the risk of losing the sunglasses. The first thing that you will do once you get to the door is take off your sunglasses and look for a place to store it. In your children's case, they will hand their sunglasses to you.

Many of these same sunglasses tips also apply to adults using sunglasses.

Remember that eventually your child will lose or misplace their sunglasses. It happens to adults all of the time. We simply grab another pair and look for the lost sunglasses later. It is better to have a second pair for your child and keep one set of sunglasses in each car. Most adults have 2 or more non-prescription sunglasses. Most children have none or one.

Protect your children's vision now and encourage other family members and friends to protect the eyes of their children. Sunglasses make a perfect birthday, graduation, Christmas, or other special occasion gift. It is a gift that says you care about the health of their eyes. If you wish to give a pair of sunglasses as a present we offer gift certificates for sunglasses.

Ages 2-5 Julbo (\$28-\$45)

Ages 5-12 Ray Ban Jr. (\$45-\$49)

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