



Glenn W. Thompson, M.D.



Should I buy any specific type of sunglasses to protect my eyes?



With summer upon us, this is a very appropriate question. The primary thing to make sure is that the sunglasses block 100% UVA and UVB rays. The UV rays can cause eye disease like cataracts over many years. The amount of tint in the lenses is up to the individual; some people are more sensitive to bright sunlight and prefer very dark tints. Finally, polarized sunglass lenses are very popular for certain activities. The polarization helps cut down on glare, which can be especially helpful for fishing or boating over the summer.

*From the
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377-3410

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