

**Mayo Clinic Minute**

**Sunglasses as Protection**

VIDEO	AUDIO
	They make you stylish and keep you safe.
DAWN DAVIS, M.D. DERMATOLOGY Mayo Clinic	It's a very good investment to have big sunglasses around the eyes.
	Mayo Clinic dermatologist Dr. Dawn Davis says the bigger, the better.
	... Like movie stars and models wear —
	kind of a large Audrey Hepburn-style.
	The skin around the eye is some of the thinnest skin on the body, and so it's more susceptible to damage.
	Dr. Davis says says sunglasses help to prevent skin cancer around the eyes, and good shades also guard against vision loss.
	Ultraviolet light can pass through the eye to the lens, and cause cataracts.
	So, if you wear sunglasses, you decrease your risk over your lifetime of cataract formation.
	Dr. Davis says to choose sunglasses that are labeled as having broad spectrum coverage, or protection against UVA and UVB rays. Look for the same phrases on the sunglasses you buy for your children.
	We suggest sunglasses on children as early, and as young, as they will wear them.
	Start young, and create a lifelong habit of staying stylish and safe in the sun.

For the Mayo Clinic News Network, I'm Jeff Olsen.