

## 3 TIPS FOR

# Sunnies Season

**SUMMER HAS A WAY OF MAKING US THINK MORE ABOUT OUR PEEPERS—MUST BE ALL THE SUN, SURF AND STYLISH SHADES! TRY THESE TIPS FOR KEEPING YOUR EYES HAPPY. BY LESLIE GOLDMAN**

## Don the Right Shades

Sunglasses don't just finish your summer look, they also screen out the sun's harmful rays, says Alan Mendelsohn, M.D., F.A.C.S., an ophthalmologist in Hollywood, Florida. Yet nearly 30 percent of Americans neglect to wear them—shady behavior for your eyes. UV exposure is linked to cataracts, vision loss and eye cancer (including melanoma). And a sunburn on your cornea can happen in a few spec-free hours at the beach. Pick a polarized pair labeled UV400 for the greatest protection from UVA and UVB rays. To safeguard your eyes from the inside out, enjoy your morning brew: research suggests that coffee's caffeine may help prevent UV damage.

## Be Screen Smart

On average, Americans spend eight-plus hours a day staring at screens, and all of that tech emanates blue light, a type of wavelength that soaks into your retina. Over time, this can lead to macular degeneration—the leading cause of blindness in the U.S. “We’re especially worried about millennials,” says Mendelsohn. “We’re seeing a precursor condition to macular degeneration (called drusen) at earlier ages than ever before.” Slashing screen time isn’t always feasible, so load up on foods that contain lutein and zeaxanthin. Found in spinach, egg yolks and red bell peppers, these nutrients help protect your eyes from blue light.

## Pamper Parched Eyes

Hot temps, windy days on a sandy beach, swimming in the sea or a chlorinated pool—any one of these things can leave eyes begging for moisture. Fortunately, a mild case of dry eye can be treated with over-the-counter lubricating eye drops. “They’re like windshield wiper fluid for the eyes,” Mendelsohn says. He recommends storing the bottle in the refrigerator. “The cold changes the thickness of the drops, so they penetrate the surface of the cornea better.” If you find yourself needing a squeeze more than four times a day, though, see an eye doc. This might be a sign of a bigger eye-health issue.

## PROTECT YOUR POUT

We like these lip balms for their SPF and sheer pop of color:

**Coola Mineral  
Liplux Organic  
Tinted Lip Balm  
Sunscreen**  
SPF 30, \$18

**Neutrogena  
Revitalizing Lip  
Balm Sunscreen**  
SPF 20, \$9

**Fresh Sugar Tulip  
Lip Treatment  
Sunscreen**  
SPF 15, \$24