

Cheap shades can blind you!

Wearing non-UV protected sunglasses can cause anything from mild irritation to early cataracts, warn eye specialists

you!



COOL QUOTIENT? Wearing a cheap pair of glasses can cause more harm than not wearing any, say eye experts. PIC/ANIL NAIK

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THINK twice before you go for a dirt-cheap pair of sunglasses hoping to beat the heat this summer. These sunglasses are in no way going to protect you from the harmful ultraviolet (UV) rays. In fact, you may end up doing much more harm to your eye by wearing them, say eye experts.

Dr Vandana Jain, head, Cornea and Refractive Surgery Department at Aditya Jyot Eye Hospital, explained why this is so. "Our pupils regulate the amount of light that enters our eye. When you wear a pair of sunglasses, your pupils dilate due to its dark lens. If the pair does not have UV protection, your eye gets exposed to the harmful radiation."

Dr Sonia Nankani, an eye surgeon and a consultant with Bombay Hospital, agrees with Jain. In fact, this summer, one third of all the patients visiting her clinic are suffering from heat-related problems. "Just a pair of coloured glasses aren't going to block out UV rays. Sometimes even the way the glass is ground to make the lens

is improper, so you get wavy images on wearing the glares and this can cause damage to your eyes," said Nankani.

Jain added that often, people make the mistake of choosing fashion over utility. "You are better off wearing no sunglasses at all than wearing cheap ones, because then at least your pupils are not exposed to as much of radiation," she said.

Excessive exposure to UV radiation can cause early cataracts, retinal degeneration, swelling, red or puffy eyes, and partial or even complete intolerance to sunlight.

Priya Mhatre (26), a software professional from Bhandup, admitted that she chose a pair of sunglasses on the basis of its looks. Mhatre realised her mistake when she experienced intense irritation in her eyes for three days. It got so severe that she could not even open her eyes.

"The doctor told me that I needed to wear sunglasses more often as my problem was sunlight-related. She told me not to get the cheap ones as they would be really harmful," said Mhatre.

Too hot too handle

THE rising mercury levels have also led to increase in migraines. Dr Khusrav Bhajan, head of general medicine at P D Hinduia Hospital said that

"We're also seeing a rise in gastro infections and viral disease," said Bhajan. "People need to increase their fluid intake and wear some