



MEET THE BRUTAL GLARE IN STYLE

AJAY KR BHOOTRA

Optometrist & Ocularist



Good looks are a snare that every individual would like to be caught in. Sunglasses are today an important fashion accessory, specially the designer brands. The perceived mystique and glamour of sunglasses and the coolness associated with them can never be overshadowed. They enhance our attire and cater our aesthetic aspirations. Imagine wearing sunglasses indoors pushed up on your head as if they were headband, will take you to the peak of style and fashion. Yes, doing this is fun and fashion in casual places, when you have a great pair of shade. Many men and women wear them in their hair during a quick peep into a store or sometimes – for the entire day spent in the office. “ Oh! I forgot to take them off?”- your reply when asked about wearing sunglasses like this ,will take you to the top of

Sunglasses are not only a fashion statement but also an integral part of visual aids which feature lenses that are coloured or darkened to prevent strong light from reaching the eyes. There are reasons to wear good sunglasses-

- It has been already established long before that over exposure of our eyes to the brutal rays of sun, lead to early clouding of our ocular media , causing cataract due to ultraviolet radiation. The effect of sunlight manifests when they are reflected off snow or sand or water resulting in temporary inflammation of the eyes.
- There are lots evidences that the exposure to non ionizing radiation contributes to an aging effect in the eyes. The soft adnexa are particularly susceptible to the effects of sunlight.
- After the whole day’s exposure to the sunlight, dark adaptation will be measurably affected during evening and if the same process recurs day after day, night sleep will not be sufficient. This could be the first

step on road to macular degeneration.

- Scientists have found that passengers on long haul flights can reduce the effect of jet lags if they wear sunglasses. People can adjust their body clocks when traveling to different time zone by altering their light pattern. Jetlag which causes feeling of sleepiness and muscles inefficiency, is affected by biological clock. The study revealed that without using sunglasses it took a day to recover for every hour of time difference traveled.
- Improvement in vision because of glare protection and protection from dust ,flies, and airborne particles are some of the biggest advantages of sunglasses. Today sunglasse also protects the eyes from bullets. Oakley has lenses that are bullet proof.
- There are psychological reasons to wear sunglasses. Celebrities used to wear sunglasses to mask their identity. Hiding one's eyes behind the "cheaters" ,at times sunglasses are so called , has implications in face to face communication. Wearing sunglasses while communication avoids eye contact and thereby sends a signal of detachment, which may be considered cool in certain circles.

So next time when you head for the door , do not forget to wear your sunglasses. Now the million dollar question arises "Do all two pieces of tinted glasses or plastics are sunglasses in their true sense?" The answer is astoundingly and strongly "No". When you buy a cheap pair of sunglasses ,rather tinted glasses from flea market or discounted store, you give up all these benefits and make things worse. The cheap tinted glasses do not offer UV protection, rather increases UV exposure. They make your iris to open more by ensuring the darkening effect, thereby letting in more UV and other destructive radiations. While the tint colour and the similar frame design may make them look like Oakley or Ray ban, the actual lens and frame material are different. You will only learn when you will already suffer the damaging effect.

No matter what your style is, you are absolutely incomplete without a pair of good sunglass. Your sunglass will not only protect your delicate eyes but will also speak everything about your personality. Sunglasses have been recorded in the history that dates back to ancient China and Rome. They were first made out of glasses that were flat panes of smoky quartz. These could not correct vision, or protect from harmful UV rays , but they did reduce glare. The revolution came in 1929 when Rav han made them what

they are today to protect the eyes from sun and correct vision . In 1936, they became polarized by adding the polaride filter to the lens. At the same time famous movie stars and musicians began to wear them. For the first time they were being worn for fashion, not for protection or vision correction. Today sunglasses are not just dark glasses on some metal frame. Today they important gadgets for your personality as a fashion accessory. Materials for the frames are no more simple metal frames. There is a frame material that is referred to as memory metal .They get back to original shape no matter how badly you bend them. Shapes have evolved from time to time. Oakley had a style that was held by a support that extended over your head. The trend and styles are getting into the extremes with the idea of putting music player onto the sunglasses. Yesterdays spectacle stores have started focusing more on sunglass collection. On top of all these temple of today's sunglasses are virtually the hoarding for the brand to make you brand conscious. Celebrities endorsing sunglass brands have become the most current trend. It seems that this is the time to meet the brutal glare of sunlight with style and fashion.

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