

Sun damage

Protect your eyes this summer
with a good pair of shades

Soaking up the sun? Look out for your eyes as well as your skin.

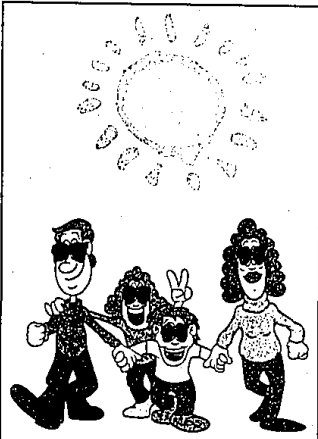
While most of us know that it's important to protect our skin from the sun, we might not as readily think about our eyes. Yet the same ultraviolet rays that damage the skin can harm your eyes as well, says Dr. Michael Smith-Wheelock, ophthalmologist at the University of Michigan Kellogg Eye Center. He advises adults and children to wear sunglasses with UV protection to block harmful rays.

Prolonged exposure to the sun has a direct link to some eye conditions, including the formation of cataracts, and is suspected of contributing to others, says Smith-Wheelock. "We have good evidence that the incidence of cataracts relates to the 'dose' or exposure to ultraviolet rays," he says. "The more exposure to sun you have, the more likely you are to have cataracts. And the effect intensifies the closer you move to the equator."

Smith-Wheelock notes that intense UV rays can actually burn the surface of the cornea. The condition, called photokeratitis, is similar to sunburn and is more likely to occur in areas where the sun is highly reflected, for example, off of water, snow, the desert, and in tanning booths.

Most eye disorders from the sun tend to affect the front — the cornea and lens — rather than the back of the eye, says Smith-Wheelock. Nonetheless you can do severe damage to the retina, which lines the back of the eye, by staring directly at the sun. The resulting condition is called solar retinopathy, and welders wear goggles to protect their eyes from such an effect.

Kellogg optician David Karl explains what you should look for in a pair of sunglasses. First check for a rating that promises to block 99 percent to



100 percent of the UV-A and UV-B rays. "More expensive sunglasses do not necessarily offer more protection—it's the UV rating that counts," he says.

"When you spend more money for glasses, you are paying for fashion and, perhaps, some improvement in the optical quality." Another popular feature, he says, is polarization, which increases comfort by cutting the glare from horizontal surfaces, like water.

"Don't forget to ask about UV protection when you buy prescription glasses," says Karl. Kellogg's Optical Shop automatically includes UV protection in all children's glasses and in most adult lenses, but not all

shops offer the same coverage.

Because UV rays can penetrate the clouds, Mr. Karl says it's a good idea to wear sunglasses on overcast days. You also need protection when you're in a tanning booth, and when you're near water or snow, because reflected sun means intensified UV rays.

The University of Michigan W.K. Kellogg Eye Center is a nationally recognized vision care and research center. As part of the University of Michigan Health System, Kellogg provides medical and surgical eye care, including laser eye surgery; professional and public education; and performs advanced ophthalmic research. Kellogg also serves as a regional referral resource, providing specialty vision care that may not be available in other communities.

For more information, contact the U-M Kellogg Eye Center at (734) 763-1415 or visit www.kellogg.umich.edu. To contact the Kellogg Optical Shop, call (734) 764-6144.

FOR YOUR INFORMATION

CANCER SURVIVORS

The Saint Joseph Mercy McAuley Cancer Care Center and the U-M Comprehensive Cancer Center announce "Cancer Survivors Day 2002" 1-4 p.m. Sunday, June 9, at Washtenaw Community College, Morris Lawrence Building, 4800 East Huron River Drive, Ann Arbor. The theme is "Celebrating the Rhythms of Life." The event will feature music, a drum and dance troupe, information on survivorship issues, floor prizes and refreshments. Call (800) 742-2300, category 6275 or visit www.cancer.med.umich.edu/ehar/survivorsday.htm

YOGA LECTURE

Sadhguru Jaggi Vasudev will present an introductory lecture on Sahaja Sthiti yoga, a dynamic combination of breathing techniques and meditation, 2-4 p.m. Saturday, June 16, at the Finnish Cultural Center, 35200 W. Eight Mile, Farmington Hills. A seven-day Sahaja

Sthiti yoga program will be offered 6-9:15 p.m. weekdays and 8 a.m. to 5 p.m. Saturday and Sunday, June 28 to July 2. A donation of \$200 is requested for the week-long course. Contact Dr. Dorrie Rosenblatt at Drosenbl@umich.edu or (734) 665-4186.

STOP SMOKING

Providence Hospital and Medical Centers will hold the Wellness Seminars for smoking cessation at the following times and locations: 6:30-8:30 p.m. Tuesday, June 18, Providence Medical Center - Livonia; Mission Health Medical Center, 37295 Seven Mile, Livonia; 10 a.m. to noon Saturday, June 15, Providence Hospital, 22250 Providence Drive, Medical Bldg., Southfield; and 10 a.m. to noon Saturday, June 22, Providence Medical Center - Providence Park, 47601 Grand River (Beck Road), Novi. Call (877) 345-5500.

DIVORCE SUPPORT

Space for Changing Families, a nonsectarian community service of the National Council of Jewish Women/Greater Detroit Section will offer "Rainbows for all Children," a 10-week divorce support group for children aged 5-15 and their custodial parent 6-7:30 p.m. Monday, June 17, to Aug. 19. The group will meet in the SPACE/NCJW office, Homestead USA Building, 26400 Lahser, Suite 100, Southfield. Call (248) 355-9936.

BREAST CANCER DETECTION

Beaumont Hospital's Sharing & Caring program will present "Mammograms vs. Ultrasounds: A Guide to Diagnostic Tools" 7-9 p.m. Thursday, June 20, in the hospital's 1st Floor Conference Room, Beaumont Cancer Center, 3577 W. 13 Mile, Royal Oak. Call (248) 551-5555.

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