

DROWNING IN DEBT? SAVE YOURSELF

heart&soul

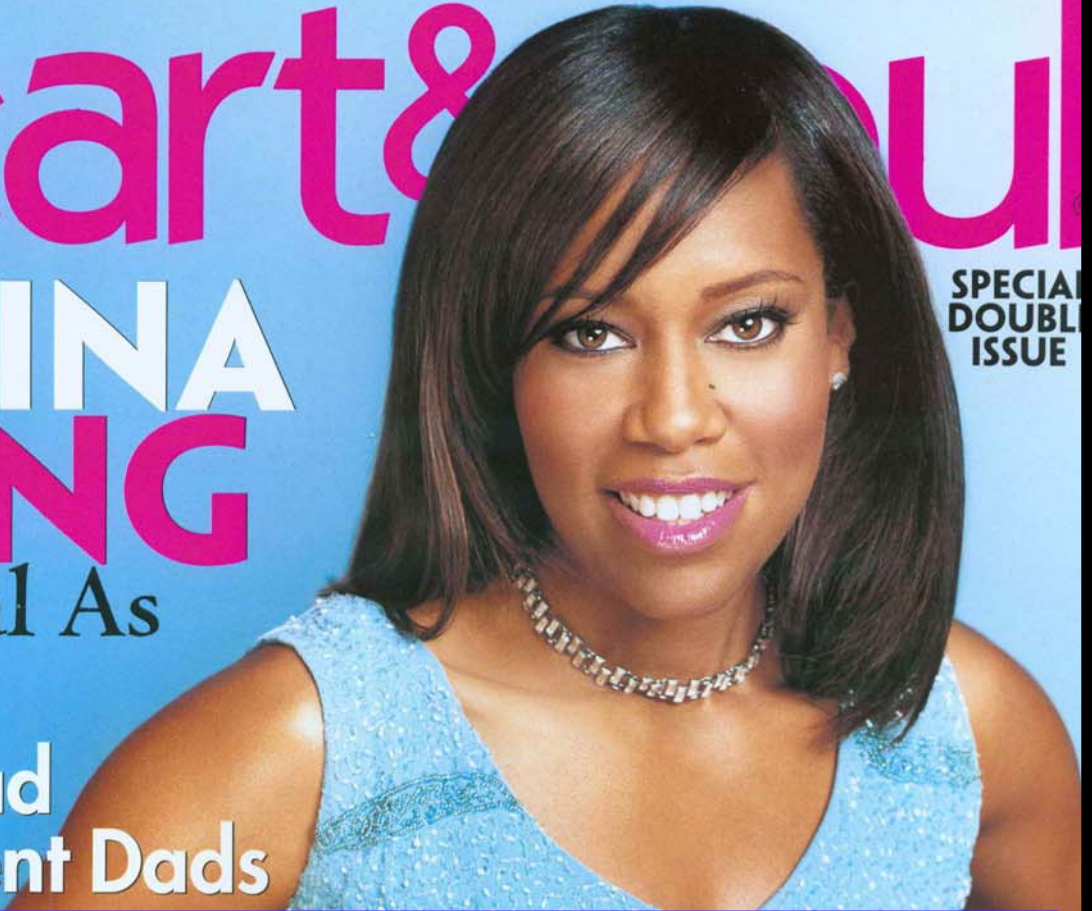
LIFE.STYLE.SPIRIT.

REGINA KING

SPECIAL DOUBLE ISSUE

As Real As It Gets

Good, Bad and Absent Dads



By Stacy Williams

BODY
BULLETIN

eye ALERT

Beyond their ability to exude coolness, sunglasses play a more important role: to protect your peepers. According to the American Optometric Association, the sun's ultraviolet rays can cause serious injury to your retina, the delicate nerve layer at the back of the eye that helps you see. Without shields, you increase and accelerate your risk of developing such eye conditions as cataracts and macular degeneration, which result in loss of vision. "You usually see these afflictions in the elderly, but they're becoming more common in younger people," says Cary Silverman, M.D., an East Hanover, N.J. ophthalmologist. So before you catch another ray:

- Visit an optician to ensure your sunglasses have 100 percent UV blocking.
- Look for shades with as close to 100 percent UV blocking as possible.
- Opt for wraparound shades to prevent sunlight from sneaking into the sides of your eyes.
- Wear contacts? Check for brands with UV blockers.

Warning Signs That Could Save Your Life

5 Things Holding Us Back from Success

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