It's National Sunglasses Day but experts say many are all wrong about shades

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FAIRWAY, KS (KCTV) - Tuesday is National Sunglasses Day.

The day is not set aside to celebrate fashion, but instead, promotes eye health awareness.

When it comes to sunglasses, many believe the pair with the darker lenses will be safer. Experts say that is a huge mistake due to a lack of UVA and UVB protection.

Experts with the non-profit group The Vision Council say over 41-percent of people mistakenly look for the darkest lenses instead of ultraviolet light protection.

They say darker lenses cause people's pupils to dilate and without the UV protection, the retina is exposed to even more ultraviolet light which can really damage the eyes.

Optometrist Dirck Dekeyser of the University of Kansas Health System says the UV protection is why it's so important to choose wisely when buying sunglasses.

"The main thing is UV protection, DeKeyser said. "You want to make sure you're protecting yourself against those high-energy lights because those are the ones most prone to cause damage to the eye."

Despite the danger of UV eye exposure, one in every four Americans say it doesn't concern them. Only 31-percent wear sunglasses every time they go outside.

Experts say only 7-percent of parents say their kids wear sunglasses.

Doctors hope to change that number.

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