

Health & Wellness Tip of the Week

Week 30 July 23, 2018

Our mission is to promote health awareness and
Encourage healthy lifestyles.



When the Light is so Bright, you Gotta wear Shades

Use sunglasses to protect your eyes from the sun's ultraviolet (UV) rays. It's about a bright future for your eyes and vision.

Here's how UV rays can hurt your eyes and eyesight:

- Clouding of the eye's lens and blurred eyesight due to cataracts
- Harm to the retina that wipes out central vision called macular degeneration
- Astigmatism, due to tissue growth over the white part of the surface of the eye that can alter the curve of the eyeball

Look for sunglasses that wrap around and block as close to 100 percent of the sun's rays, both UVA and UVB. For full protection, wear a wide-brimmed hat or a visor.

Sources: National Eye Institute; Centers for Disease Control and Prevention

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