

BEH PODCAST – EPISODE 27

WHEN TO WEAR SUNGLASSES IF YOU HAVE EYE ISSUES

Dr. Miller: Do you avoid sunlight entirely? No, and the question of whether you should wear sunglasses or not. The question of sunglasses is an interesting one. The approach I take which is like that of Meir Schneider, that was where this question came from, is that we evolved on the earth under the sun. And so, our body and our eyes are very well adapted to the sunlight. We have some natural defenses to keep sunlight from being damaging to us—the pigments that form in our skin when we get tanned, those are protective and the same thing happens in our eyes. There are increased pigments laid down in the eye, which in the case of macular degeneration is a great thing. Without the stimulation of sunlight, that doesn't happen. I would not wear sunglasses every day, every minute your outside. If it's midday, bright sun, on water, snow, at altitude where the air is thinner or if it's really blinding sunlight, then I would wear sunglasses. One of the ways you can tell usually, if you pay attention, if you're in sunlight that's actually that bright, is if it's painful. Pain is something you always want to pay attention to. If you're in sunlight so bright that its painful, then you need sunglasses, but during morning, afternoon evening, sunrise and sunset, a lot of time it's very good to be outside. Just follow the times that we recommend for sunning, that should give good exercise for the eyes.