



Sunny OUTLOOK

Nicole Thomas takes a look at how you can keep your precious peepers protected with some fashionable specs this summer.

Who doesn't love a new pair of sunnies? They can jazz up an outfit and add a little pizzazz to your poolside attire. Aside from their sartorial appeal, they also serve a very important function: protecting your eyes from harmful UV radiation and associated negative eye conditions.

Ultraviolet exposure can lead to short-term effects like photoconjunctivitis and photokeratitis, and dangerous long-term conditions like cataracts, macular degeneration, pterygiums (growths on the eye), premature ageing and cancer on the eyelids. And don't forget kids and teenagers, who over summer tend to spend even longer outside than adults do.

Gone are the days when folks who need prescription lenses are left out in the, well, dark – now you have your fair share of fashionable frames to choose from too. So let's have a gander at what spec styles are sizzling this summer.

SUIT YOURSELF

So what sunglasses should you look for to suit your face shape? Yuji Saito, Optical Manager at National Pharmacies Optical in Mount Barker, says it's all about balance.

"You want to look for contrasting shapes. For example, if someone has a round or oval face they would want to look for something with a little bit more of a sharper edge or a squarer style, and

obviously vice versa. So if you've got really sharp features, a really sharp-edged jawline, for example, then you would want to go with something with a little more of a soft look. You're looking for a good balance," he advises.

OLD IS NEW AGAIN

Yuji says there's currently a focus on modern vintage, along with more classic styles like the cat eye – as donned by fashion icons Audrey Hepburn and Grace Kelly in the 1950s and 1960s – and glasses with old-school details like keyhole bridges.

He also notes that colour is key. "There's a little bit of the retro vintage look coming back with vibrant colours. The colours are located more on the temples, with accents on the accessories, so maybe not so much in the front of the frame but more in the subtle details."

THE RIGHT PRESCRIPTION

If you need prescription sunglasses but have already written off those beloved Prada or Gucci sunnies you spied a few weeks ago, think again. You have a plethora of choices, though you do need to take a few key aspects into consideration when browsing.



Gucci Optical #56093
(\$440, members \$352)



Marc by Marc Jacobs Optical #53941
(\$240, members \$192)



Serengeti Optical #42941
(\$380, members \$304)



Bolle Optical #56291
(\$220, members \$176)

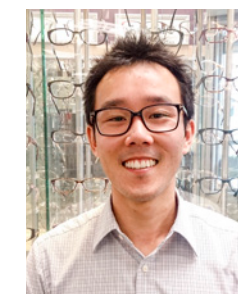
Yuji explains one of the main restrictions is the size of the frame. "Depending on the individual's prescription, as well as their facial features, if the sunglass frame is too big then the prescription lenses may not be able to be inserted within that frame," he says.

He also explains the curvature of the frame is another consideration – so if your favourite pair of sunglasses is in a wraparound style, that may preclude the use of prescription lenses.

"While we have to be aware of the shapes we want to match with a person's particular facial

features, we also have to be aware that maybe an ideal shape won't fit perfectly in terms of optical use," says Yuji. "We can't rely solely on 'You've got a rounded face, let's look for a particular shape'. We'll obviously do that but within that shape range we'll have to look for something that suits the optical purpose."

When it comes down to it, the main priority for sunglasses is to protect us against harmful UV radiation but that doesn't mean we can't look good while we block out those bad boys, regardless of our prescription needs. ☘



National Pharmacies Optical Manager Yuji Saito

DON'T FORGET YOUR HEALTH FUND REBATE IS AVAILABLE UNTIL 31 DECEMBER

Most health funds run for the calendar year (1 January to 31 December), although a small number run for the financial year (1 July to 30 June). Generally your optical allowance is not rolled over if left unused.

Check with your health fund if you're unsure.

National Pharmacies Optical can process rebate claims for all Australian health funds including Bupa, Medibank Private, Health Partners, NIB, HCF and others. Better still, if you're a member of Bupa you'll receive higher rebates with higher annual limits with National Pharmacies Optical.

Prescription sunglasses can be claimed exactly the same way as regular prescription glasses.

Prescription sunnies are a great way to maximise your health fund benefits before the end of the year – just in time for summer!



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*Wearer trial with ZEISS Digital Lenses conducted by Carl Zeiss Vision International GmbH, 2013

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