

## Golf Sunglasses - Protective Eyewear on the Tee

Name virtually any outdoor sport and chances are it requires or at least involves the use of sunglasses - this includes golf. And this makes sense. After all, the game is played outdoors, where the risk of getting a full dose of ultraviolet radiation is the greatest. Golf sunglasses, like many other types of outdoor eyewear, help protect the eyes from these harmful ultraviolet rays. Using the right type of sunglasses often enough would help prevent eye diseases like cataracts, macular degeneration, and photokeratitis. Plus, sunglasses for golfers look very good on them, too!

"An ounce of prevention is worth a pound of cure," so the old saying goes. And what could be easier for golfers to prevent eye problems caused by sun exposure than slipping on a pair of golf sunglasses? And it looks like a lot of professional players are taking this adage to heart. We've seen them on television wearing sunglasses for golfers: Karrie Webb, David Duval, Annika Sorenstam, to name a few. And various types of golf sunglasses have been endorsed by the sports superstars - such as Tiger Woods for Nike. Since golf has become a much higher-profile sport, golfing accessories, apparel and paraphernalia have increased consumer awareness about them, too. In fact, sunglasses for golfers have enlarged their share in the global market for sunglasses.

There are various styles and designs to fit every golfer's need. Golf eyewear with polarized lenses is especially helpful on bright, sunny days because they cut down the glare from sunlight that bounces off some surfaces. Different tints play a role, too, in how golfers view a course. Lenses that are amber in color filter blue light, and these are reputed to enhance viewing of far-off objects. Yellow and orange lenses are ideal for low-light conditions, while clear lenses are good for darker conditions. Some sunglasses for golfers also come with changeable lens systems - just snap in the lenses that are most suited for the current playing conditions. Whether one's choice of sunglasses has dark or light lenses, it is important to remember that it should have excellent ultraviolet protection; some people mistakenly think that there is little or no risk of ultraviolet radiation on overcast days, but that simply isn't so. UVA and UVB rays are just as dangerous on a cloudy day as they are on a sunny one.

Certain considerations should also be remembered regarding the frames of golf sunglasses. They need to fit well and be comfortable. Many golfers prefer those whose frames are made of lightweight materials, such as polyamide. The object is to feel that they are not there. It can really be distracting to have to continually adjust ill-fitting temple grips or nose pads just when you're about to tee off or make your drive. Wraparound sunglasses for golfers are also a good option. They prevent ultraviolet radiation from entering from the top or the sides of the eyewear. They are also helpful in shielding the eyes from airborne irritants like sand, pollen, and dust.

A person who needs corrective eyewear need not feel apprehensive about buying sunglasses for golfers. Many manufacturers offer prescription sunglasses designed for outdoor sports. Just look at their online or offline catalogs, select the desired design, inform them of the needed prescription, and voila! You'll be wearing them in no time at all. The budget-conscious can choose from lines of lower-priced prescription or non-prescription sunglasses at discount sites or in optical shops - but it's important to make sure that you are getting value for your money. There's no sense in buying inexpensive golf sunglasses if they can't give you the protection you need. For the fashion-conscious golfer who is not averse to shelling out more money for his or her sports eyewear, high-end brands may offer what they want: Tag Heuer, Oakley, Nike, Adidas, Maui Jim, Dior, to name a few.

Players, coaches, caddies, even spectators - all can benefit from the use of golf sunglasses. Looks are important, but they are secondary. What is essential is having a pair of shades that one can put on and forget about, leaving it do its work of protecting the eyes from the punishing sunlight, from flying debris that can cause irritation, and maybe even from the prying gaze of the competition as he or she seeks to divine your playing strategy. Golf sunglasses are perfect for enhancing performance and for preventive eye care!

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### About the Author

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