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**Sunglasses ‘need to be changed every two years’ as light damages lenses, say scientists**

**BY CARRI-ANN TAYLOR**

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Research showed two hours worth of sunlight everyday degrades the effectiveness of the lenses

**TRENDY sunglasses should be replaced at least every two years as light damages the lenses, researchers warn.**

The dark lenses can become lighter and lose their ability to protect against rays.

Dark lenses become lighter and lose their effectiveness to protect the eyes against the sun

It could lead to damage to corneas and the eye’s internal structure.

The experts in Brazil called for a revision of standards and new tests on safe limits for ultraviolet filters.

Researcher Professor Liliane Ventura, of Sao Paulo University, said: “Ocular health is a serious concern worldwide.

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Damage is caused to the corneas and the eye’s internal structure

“In some countries sunglasses standards are not quite appropriate for the ultraviolet conditions.

“The public should be more aware about ultraviolet protection as a whole.

“Sunglasses play an important role in providing safety, and their lenses should provide adequate UV filters.”

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Scientists warn the public to be aware of ultraviolet protection as a whole