

## Dr. Peter Kastl on Why Sunglasses Are Essential for Summer Eye Health

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As summer heats up, so does the sun's intensity—and that means more risk for your eyes and the delicate skin around them. In a recent appearance on *Great Day Louisiana*, Dr. Peter Kastl, ophthalmologist at Tulane University School of Medicine, shared why sunglasses are more than just a fashion accessory.

Dr. Kastl emphasized that wearing sunglasses is a simple but crucial way to protect the eyes from harmful UV rays. "Sunglasses can reduce short-term eye strain and help prevent long-term damage like cataracts and macular degeneration," he explained.

# Why Wear Sunglasses



- Protect sensitive skin around your eyes
- Protect eyes from short-term strain
- Helps prevent wrinkles
- Protect against macular degeneration
- Reduce the risk of cataracts

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But eye health isn't the only reason to grab your shades. According to Dr. Kastl, sunglasses also shield the sensitive skin around your eyes, helping prevent premature wrinkles and skin aging caused by sun exposure.

For a quick guide on the benefits of sunglasses—including wrinkle prevention and eye protection—watch the full segment on [WWLTV.com](http://WWLTV.com).