



UV protection for your eyes

Slip, slop, slap is a common phrase in Australian language, however there have been some additions over the last few years. These include seek shade and slide on sunglasses. Before we enjoy the beautiful sunshine in WA, many of us protect ourselves with a hat, clothes, and sunscreen, but are you protecting your eyes from harmful UV?

Cancer Council Australia tell us that like your skin, your eyes are susceptible to both short term and long term effects of harmful ultraviolet (UV) radiation. Every year, approximately 300 Australians are diagnosed with eye cancer and conjunctival cancer. The most common short-term impact of UV exposure to the eye is acute photo keratopathy, which is like sunburn of the cornea and can cause inflammation. Long-term exposure to UV radiation can result in more serious damage to the eyes, including squamous cell cancers on the surface of the eye and skin cancer around the eyes.



Shopping for the right pair

When shopping for sunnies, you need to know what to look for. Before you find the price tag, there is another tag you need to focus on. It is called the swing tag, and this reveals the sun protection factor. There is a standard (Australian/New Zealand Standard AS/NZS 1067:2003) that regulates all sunglasses and fashion spectacles in Australia.

The Australian Government outlines its five categories which identify sunglasses and specs by how well they perform in certain conditions:



Lens category 0	Fashion spectacles are fashion glasses, not sunglasses, with very limited UV protection.
Lens Category 1	Fashion spectacles only however these provide limited sun glare reduction and UV protection.
Lens category 2	Sunglasses provide a medium level of sun glare reduction and good UV protection.
Lens category 3	Sunglasses provide a good level of UV protection and a high level of sun glare reduction.
Lens category 4	Sunglasses are special purpose sunglasses that provide a very high level of sun glare reduction and good UV protection.

In addition, the Australian Radiation Protection and Nuclear Safety Agency (ARPANSA) has developed an eye protection factor (EPF) where sunglasses that comply with AS/NZS 1067 can be assigned an EPF rating from 1 to 10. Sunglasses with EPF values of 9 and 10 transmit almost no ultraviolet radiation.

So next time you are looking for sunglasses, ensure you consider the UV protection rating, and not just how stylish you look wearing them.

Increase your steps each day



Here are some basic tips to get more steps in your everyday activities:

- 1. Keep comfortable walking shoes in your car.** That way you're prepared to take a walk anytime you have a few extra minutes. Early to an appointment? Stroll around the block.
- 2. Walk, don't wait.** Instead of sitting while your kid is at soccer practice or in the waiting room during dance class - take a walk instead.
- 3. Invite friends for walks instead of coffee or lunch.** You'll burn calories instead of consuming them.
- 4. Have multiple routes.** Many walkers always walk from the same location. Expand your options by walking from any location that you frequent. Start a walk from home, work, your kids' schools, the grocery store, or a friend or family member's home. Anywhere you find yourself at least once a week is a possible starting point. The more options you have the more likely you are to walk.
- 5. Park further away.** We often drive around looking for the closest parking spot we can get, but that extra row further away can provide the additional steps to improve your health.
- 6. Get an activity monitor.** From simple pedometers to more expensive devices, these can motivate you to move more. See how much you normally walk, and then set incremental goals to increase the number of steps you take or the number of calories you burn each day. The benefits will multiply as the numbers do.

Every little bit counts! Studies have found that even two-minute walking breaks can improve the function of disease-fighting and metabolism-boosting genes. And as little as one minute of walking at a heart-pumping pace can help keep pounds off.

Healthy zucchini slice

Time – 20 min prep
30 min cooking

Ingredients

- ▶ 2 tsp olive oil
- ▶ 1 brown onion, finely chopped
- ▶ 2 garlic cloves, crushed
- ▶ 2 carrots, coarsely grated
- ▶ 150g kale, chopped
- ▶ 8 eggs
- ▶ 85g low-fat ricotta cheese
- ▶ 3 zucchini, finely grated, moisture removed
- ▶ 2 tbsp parsley, chopped
- ▶ 150g/1 cup cooked quinoa
- ▶ 200g grape tomatoes, halved

Method

- ▶ Preheat oven to 180C°. Lightly spray a 20 x 30cm baking pan with oil and line the base with baking paper, allowing the 2 long sides to overhang. Cook quinoa and allow to cool.
- ▶ Heat the oil in a large non-stick frying pan over medium heat. Add the finely chopped onion and cook, stirring often, for 3-4 minutes or until softened. Add the crushed garlic cloves and grated carrots, and cook for 1 minute or until garlic is aromatic. Add the chopped kale and cook for 3 minutes or until wilted. Season and set aside for 5 minutes to cool slightly.
- ▶ Whisk the eggs and ricotta together in a large bowl. Add the cooled vegetables, zucchini, parsley, and cooked quinoa. Spoon the mixture into the prepared pan. Top with halved tomatoes (cut side up). Bake for 25-30 minutes or until golden and puffed and firm to the touch. Set aside for 10 minutes, to cool, before cutting into slices.



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