

Sports Eye Safety

The long-term health benefits of sports are clear: they provide good exercise for maintaining proper weight, improve strength and coordination, and help build lifelong healthy habits and social skills. But for more than 40,000 people each year, there are health risks for sports as well - in the form of eye injuries, the vast majority of which were preventable.

Injuries range from abrasions of the cornea and bruises of the eyelids to internal eye injuries, such as retinal detachments and internal bleeding. Many of these injuries lead to vision loss and permanent blindness.

The thousands of eye injuries each year aren't only from basketball, baseball, football and hockey. Soccer, tennis, golf and water sports also can be dangerous to the eyes.

Fortunately, specific protective eyewear is available for just about all activities, allowing today's athletes to choose from various types of sturdy, lightweight and effective eyewear that is appropriate for their sport. When properly fitted, eyewear does not hinder performance and can prevent 90 percent of sports eye injuries.

So when participating in sports, be sure that protective eyewear:

- Is appropriate for the sport
- Has polycarbonate lenses or shields
- Is properly fitted by an eye care professional

It's a fact! If you play sports, you can get hurt. Whatever your game, whatever your age, you need to protect your eyes. See your eye care professional today for appropriate protective eyewear.

*Sports
are the
leading
cause of
eye injuries
in children*

For more information or
to find an Eye M.D., visit
www.aao.org

See your Eye M.D. ... because there's so much more to see.

An Eye M.D. is an ophthalmologist - a medical doctor who provides the full spectrum of eye and vision care. From eyeglasses and contact lenses to medication and surgery, your Eye M.D. will help you keep your sight for life.