

A MESSAGE FROM YOUR EYE M.D.

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 in playing sports including eye injuries; the vast majority of which are preventable.

Injuries range from corneal abrasions, eyelid bruises, and 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 – paintball, soccer, tennis, golf and even water sports can also 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's appropriate for their sport. When properly fitted, eyewear does not hinder performance and can prevent 90 percent of sports eye injuries.

When participating in sports, be sure to wear protective eyewear that is:

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

If you play sports, you can get hurt. Whatever your game, 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.



See your Eye M.D....

The M.D. makes a difference.

MD

 **AMERICAN ACADEMY
OF OPHTHALMOLOGY**
The Eye M.D. Association

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.