



April

# Sports Eye Safety Month

Keep eye safety in mind this sports season

Each sport has its own unique risks of eye injury and requires its own type of protective eye wear, which is why the American Society for Testing and Materials (ASTM) sets the standard for sports eye protection. Polycarbonate lenses offer the best protection for many sports because the material is thin, lightweight and impact-resistant. They are available in most prescriptions, as well as without a prescription.

## Baseball

Baseball has the highest eye injury rate, as players run a greater risk of being hit in the face by a fast-moving ball. Look for faceguards and protective eye wear that meet the ASTM F910 standards before stepping up to the plate.

## Basketball

Basketball players can receive eye injuries caused by the impact of other players' fingers or elbows. Protective goggles can decrease the chance of injury, and they are available with and without a prescription.

## Tennis

Tennis, racquetball, and badminton are also known to have high eye injury rates. Serves can range up to 200 miles per hour, making goggles or safety glasses essential for avoiding severe injury.

## Conclusion

Sports eye injuries are not uncommon and can be serious; however, they are easily preventable. If you are not sure which type of eye wear is best for the sport that you or your child participates in, please contact your eye care provider.



## Regular eye exams are important

Eye exams aren't just for correcting vision issues. They are also key in the early detection of systemic diseases like diabetes and hypertension. Your eye exam is one of the most important preventative care services available to you.

Sources: All About Vision, AAO, AOA, Glaucoma.org, NIH.gov

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