



### SPORTS EYE SAFETY

From major league stadiums to small-town courts, America's favorite pastimes make great memories for many. But for more than 42,000 athletes, those memories are ruined by 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 are also dangerous to the eyes. Each activity has its own specific protective eyewear, so when selecting eyewear make sure they are appropriate for your sport.

Today's athletes can choose from various types of sturdy, lightweight and effective eyewear. When properly fitted, eyewear does not hinder performance and can prevent 90 percent of sports eye injuries.

So when participating in sports, be sure to:

- Select protective eyewear that is appropriate for the sport
- Be sure eyewear has polycarbonate lenses or shields
- Have eyewear properly fitted by an eye care professional

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*

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to find an Eye M.D., visit  
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**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.