

April is Sports Eye Safety Month

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Eye Protection for Sports
Progear Sports Goggles

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Eye Doctors Urge Eye Protection for Recreational and Professional Sports

New research shows that about 30,000 people in the U.S. go to emergency departments each year with sports-related eye injuries, a substantially higher estimate than previously reported. This April during Sports Eye Safety Month the Eye Centers of Northwest Ohio and the American Academy of Ophthalmology remind the public that the right protective eyewear is the best defense against eye injury.



Sports Eye Safety

-  Use only protective eye wear made of polycarbonate material.
-  Regular eyeglasses do NOT provide proper eye protection.
-  If an eye injury occurs, see an ophthalmologist or go to the ER immediately, even if it appears minor.

Learn more at aao.org/eyesmart

Three sports accounted for almost half of all trips to the emergency room: basketball, baseball, and air/paintball guns. Sports-related injuries can range from corneal abrasions and bruises on the lids to more serious, vision-threatening internal injuries, such as a retinal detachment and internal bleeding.



Did You Know...
Cycling causes more eye injuries than hockey?



Learn more at aao.org/eyesmart

No Vision Insurance, No Problem, Join our Membership Program today!

www.eyecentersofnwo.com/members-portal

Courtesy: The American Academy of Ophthalmology

www.aao.org/

Did You Know...
Vision problems are a common sign of concussion?

Learn more at aao.org/eyesmart

Most sports-related eye injuries are avoidable.

Here are some tips for both the professional athlete and the Little League star to stay safe:

- Athletes should wear sports eye protection that meets requirements set by appropriate organizations.
- Parents should make sure that children wear eye protection. Most often, those who sustain sports-related eye injuries are 18 years old or younger.
- Eye protection can weaken with age and may no longer provide adequate protection. Consider replacing when damaged or yellowed.
- For basketball, racquet sports, soccer and field hockey, wear protective eyewear with polycarbonate lenses.
- Athletes who wear contacts or glasses should also wear appropriate protective eyewear. Contacts offer no protection and glasses do not provide enough defense.
- Professional athletes should also wear sports goggles that meet national standards.

Progear Sports Goggles Available in Both Offices



\$149

OR if ordered as a 2nd pair

\$99

Single vision polycarbonate lenses up to a combined RX of +/-4.00. Our frames come with warranty protection. Prior sales excluded, no insurance billing will be done. Specific frame lines applicable. Options available at customary rates.

