

## April is Sports Eye Safety Month

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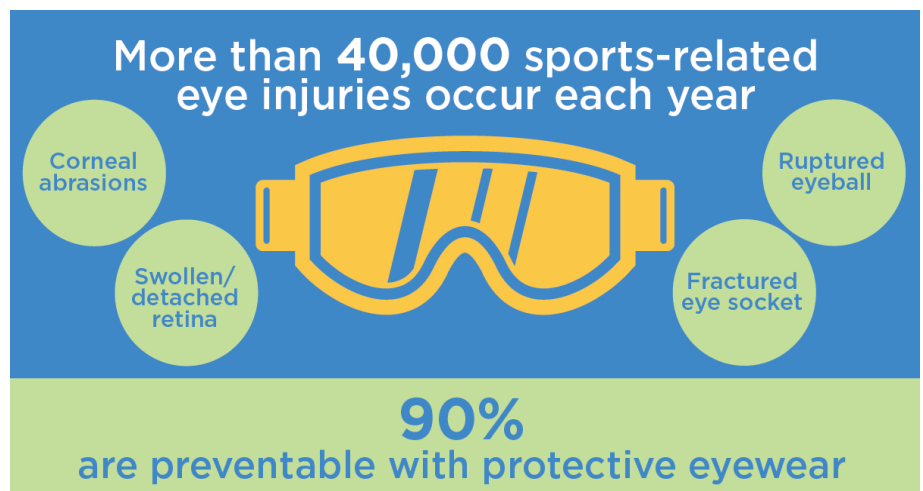
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## Parents: Here are 5 Steps to Protect Your Young Athletes' Eyes

Nearly 40,000 people suffer sports-related eye injuries every year. An astounding 90 percent of these ER visits could have been avoided if the athlete wore protective eyewear. Even the most low intensity sports activities pose some risk for eye injuries. From basketball to racquetball, from youth leagues to the pros, players need to protect their eyes. As kids begin to resume their favorite sports, The Eye Centers of Northwest Ohio and the American Academy of Ophthalmology are reminding the public that the best defense against potentially blinding sports-related injuries is wearing protective eyewear.



Among the common sports-related eye injuries eye doctors routinely treat are corneal abrasions, bruising around the eye, retinal detachments, and internal bleeding.

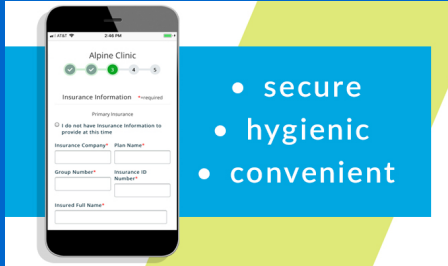


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[www.eyecentersofnwo.com/members-portal](http://www.eyecentersofnwo.com/members-portal)



## We Now Have Paperless Check-In Available



Follow the link that we text to you the day before your appointment

Courtesy: The American Academy of Ophthalmology

[www.aao.org/](http://www.aao.org/)

## Did You Know...

Vision problems are a common sign of concussion?



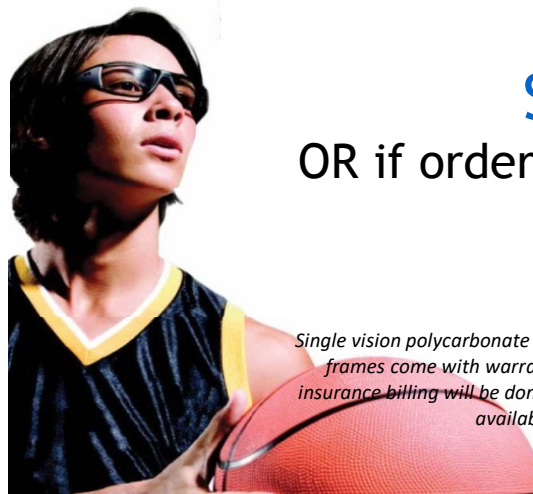
Learn more at [aao.org/eyesmart](http://aao.org/eyesmart)

Here are some safety tips for all athletes to practice:

- Check and follow sport specific requirements and standards regarding eye protection.
- Consider replacing eyewear once yellowed or damaged to ensure the best protection.
- For basketball, racquet sports, soccer and field hockey, wear protective eyewear with polycarbonate lenses
- For snow or water sports, consider eyewear with UV protection to avoid sunburn or glare.
- Athletes who wear contacts or glasses should still wear eye protection; contacts and regular eyeglasses are not replacements for protective sports eyewear.

If you experience an eye injury, seek medical attention immediately, even if the injury seems minor; sometimes noticeable symptoms develop later.

## Progear Sports Goggles Available in Both Offices



**\$149**

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*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.*

If you are a low income family, there is a program sponsored by Save Our Site, Ohio Prevent Blindness and the Ohio Ophthalmological Society with a grant from the Ohio Department of Health to provide Sports Goggles for free. If you qualify just come into either of our offices and we can order them for you. For more information and to apply:

<https://superspecs.org/programs/sports/>