

LIFESTYLE LESSONS



Provided by: The Reschini Group

Did You Know?

Many of the most serious sports-related injuries are to the eyes. The good news is that the majority of these injuries are preventable if you use the appropriate protective eyewear.

PROTECT YOUR EYES ON THE FIELD

Be on the lookout for ways you may get in harm's way as illustrated in the three main types of sports-related eye injuries below:

1. *Blunt trauma:* These occur when an object hits your eye and causes bruising of the eyelid or a black eye.
2. *Penetrating injuries:* These occur when an object cuts into eye such as another player's fingernail.
3. *Radiation injuries:* These occur when you are exposed to ultraviolet light from the sun in sports such as swimming, snow skiing, snowboarding, or water-skiing.

The best way to protect your eyes on the field is by investing in eye guards or goggles that fit securely and comfortably on the face.

- Purchase eye guards at a sports or optical retailer and ask a sales person whether they have been tested for sports use.
- Ask an eye care professional to fit you with prescription eye guards if you normally wear corrective lenses.
- Inspect your eye guards periodically to make sure that the lenses are in correctly and are secure so that if they pop out, they will do so outwards as opposed to at your eye.

Healthy Hints

Wearing a pair of eye guards or goggles may feel unusual at first and you may be tempted to take them off. Instead of doing so, let your body get used to wearing them. A little discomfort now can save you from the pain of an eye injury in the future.

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