

# *the* Science of Sight

## Eye Protection: Good Goal for Athletes

by *Dr. Howard Purcell*

(NAPSA)—Many Americans enhance their health by taking part in sports or athletic activities. Too many, however, strike out when it comes to protecting their eyes.

Whether you're a dedicated athlete or merely take part in weekend pickup games, there are steps you need to take to protect your precious sense of sight.



Dr. Howard Purcell

Children, especially, need guidance on the right protective eyewear. Parents and coaches may meet some resistance at first. Today's eye protection, however, is lightweight and looks cool. It's worth the effort.

Here's why:

- Nearly 50,000 sports-related eye injuries are treated in emergency rooms annually
- 71 percent of those injured are under 25
- 41 percent are under 15
- Baseball and basketball are associated with the greatest number of eye injuries to children

Kids play hard and run the risk of more injuries because they tend to be fearless. When properly fitted, protective eyewear can reduce the risk of significant eye injury by at least 90 percent.

Athletes of all ages must be aware of the risk of eye injuries, and how simple measures can prevent them. See your Eye Care Professional for a winning game plan to prevent eye injuries.

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*Note to Editors: This is the 2nd in a series of 12.*