

the Science of Sight

Teens Should Get Cool With Eye Health

by Dr. Howard Purcell 

(NAPSA)—What age group is most conscious of appearance and being cool? Teenagers, of course. But “cool” doesn’t always equate to being safe—especially regarding eye care.



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Parents should ensure their teenage children undergo regular eye examinations by an Eye Care Professional. Such exams can disclose not only vision problems, but other health concerns as well.

Teens encounter eye health hazards in many areas. Some share contact lenses, which can be very harmful to the eyes. Many girls share eye makeup. That, too, is dangerous. Makeup can carry bacteria harmful to the eyes.

Young people in sports report larger-than-average numbers of eye injuries. According to recent statistics, 71 percent of sports-related and recreational eye injuries occurred in people under 25; 41 percent under 15. Protective eyewear can help significantly.

Many teens use natural, herbal substances to enhance their health. Some substances carry negative side effects for the eyes. Black cohosh, for instance, can cause irregularities in blood vessels in the back of the eye. And St. John’s Wort may enhance ultraviolet (UV) radiation damage to the lens.

It’s cool to keep your eyes healthy. Contact your Eye Care Professional for an eye examination and to get all the facts.

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Note to Editors: This is the 5th in a series of 12.