

## Protect Your Eyes

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**I**t's summer again and that means more activities. What's important not to forget during a busy summer is eyewear protection.

**A**t the beach, going for a passeggiata, or laying by the pool it is important to protect your eyes against ocular disorders caused by ultraviolet light by using sunglasses. And, you don't have to have a \$100 pair to do it. Most over-the-counter sunglasses adequately protect against UV light.

**E**very once in a while I'll perform an examination on a patient with a painful red eye. A common history is, "I was working on my car changing my oil". On magnification I see a foreign body, usually metallic surrounded by rust, sitting on the front part of the eye. Then, I carefully remove it. Unfortunately, the patient suffered needlessly. With proper protective eyewear including side shields, this type of eye injury can easily be prevented.

**A** final type of eye injury is blatantly caused by ourselves. By wearing contact lenses while sleeping or pushing the limits to 20 hours a day of wear, we run the risk of corneal ulcers which threaten our sight, not to mention painful. Beware of purchasing your contacts out in the economy without an exam, as the lens may not fit correctly also causing damage.

**M**ost eye injuries are preventable. Our eyes are too valuable to take chances.