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The Spectacle

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April is Sports Eye Safety Awareness Month

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"An estimated 40,000 sports eye injuries occur every year."

The Doctor's Corner Dr. Jason W. Cook, O.D.

The American Academy of Ophthalmology has designated April as Sport Eye Safety Awareness Month. An estimated 40,000 sports eye injuries occur every year. The majority of those being affected by sports eye injuries are children and teenagers, too many of whom suffer permanent visual impairment.

Athletes need to choose and wear proper protective eyewear because eye injuries can be devastating, not just career ending, but life changing. Eye injuries are one of the leading causes of visual impairment in children.

Athletes can now choose from various types of sturdy, lightweight, effective and fashionable eyewear. By incorporating polycarbonate or trivex lenses that have been properly fitted by an eye care professional, protective eyewear does not hinder performance and can prevent 90 percent of sports eye injuries.

Basketball, football, hockey, and baseball, aren't the only sports that contribute to the thousands of eye injuries suffered each year. Soccer, tennis, golf, softball, and water sports also are dangerous to the eyes. Each of these sports require a different type of protective eyewear, so see a qualified eye care professional to select protective eyewear appropriate for the sport.

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Did You Know?

Your eyes are the most complex organs you possess except for your brain. They are composed of more than two million working parts.

Most people blink every 2-10 seconds. Each time you blink, you shut your eyes for 0.3 seconds, which means your eyes are closed at least 30 minutes a day just for blinking.

Come prepared to your Doctor's visit.

Before your eye exam we would like to review your personal and family health history. You can make the process easier if you have any or all of the following:

“Please alert us of any changes in your personal or insurance information.”

- A list of any medications you are taking, over-the-counter or RX including the dosages.
- If this is your first visit to our office, bring the date of your last eye exam, your prescription and the name of the doctor that examined you.
- If you are a current customer please inform us when you check in of any changes in your address, phone number, changes in medication or insurance changes.
- All pairs of glasses and/or contact lenses that you are currently wearing.
- Your insurance information.
- Any questions or concerns.

Fun Facts

The reason firehouses have circular stairways is from the days when the fire engines were pulled by horses. The horses were stabled on the ground floor and soon figured out how to walk up straight staircases.

A hurricane releases more energy in 10 minutes, than all the world's nuclear weapons combined.

During your lifetime, the average human will grow 591 miles of hair. Unverified but hair does grow about 6 inches per year and the average head has 100,000 hairs. Take an average lifespan of 80 years. $6 \times 100,000 \times 80 = 48,000,000$. Unfortunately hair growth is not uniform through out your lifespan; I have yet to find a formula for this.

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Parents should note that while the long-term benefits of playing sports are clear, sports are the leading cause of eye injuries in children. Most sporting leagues don't require their young athletes to wear eye protection, yet when they do, the occurrence of eye injuries is greatly reduced.

Children and adults can end up with injuries ranging from abrasions of the cornea and bruises of the lids to internal eye injuries such as retinal detachments and internal bleeding. Unfortunately, some of these athletes end up with permanent vision loss and blindness; 90% of which is preventable through the selection and wearing of proper eyewear.

Lab Notes

On May 1st, The First and Only Everyday Photochromic Lenses with Variable Polarization!

There are clear lenses that darken. There are sunglasses that are polarized. But never before have everyday eyeglass lenses been able to both darken and polarize in bright, outdoor light, until now.

Introducing new Transitions® Vantage™ lenses, the Photochromic lenses you know and love plus the added benefits of variable polarization — polarization that increases as the lenses get darker in outdoor light. That means, as Transitions® Vantage™ lenses get darker, vision gets crisper, sharper and more vivid, while glare is reduced in even the brightest outdoor conditions.

We invite you to explore the world of new Transitions® Vantage™ lenses and see for yourself. [Click here](#) to see more information.

Up Coming Events

Dawson's Vision Center will be having its first Food Drive to benefit All Saints Interfaith Center of Concern food bank in Anniston, Alabama. Be sure to be watching us on Facebook, Twitter, or our Website for further details.

May is Healthy Vision Month and UV Awareness Month

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