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## NEWS RELEASE

April 3, 2017

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### For Immediate Release

#### **Sports-related eye injuries one of the most common: April is Sports Eye Safety Month**

EAU CLAIRE, Wis. — Each year, more than 40 thousand athletes suffer from an eye injury. The good news is that 90 percent of serious eye injuries are preventable with protective eyewear, according to the American Academy of Ophthalmology (AAO).

Although the risk of eye injury can vary depending on the activity, regular eyeglasses do not offer proper eye protection. Make sure the level of eye protection you or others in your family use is appropriate for the type of activity.

According to the AAO, for all age groups, sports-related eye injuries occur most frequently in baseball, basketball, and racquet sports. Protective eyewear with polycarbonate lenses should be worn for sports such as basketball, racquet sports, soccer and field hockey. Choose eye protectors that have been tested to meet the American Society of Testing and Materials (ASTM) standards or that pass the CSA racquet sports standard.

Here are a few tips for protecting your eyes from injury:

- Consider the risk of flying debris or other objects during activities and wear appropriate eye protection.
- Remember that eyeglasses aren't sufficient protection.
- Be careful during activities or games involving projectiles and other sharp objects that could create injury if in contact with the eye.
- If you wear contacts or eyeglasses, pack a back-up form of vision correction during bike trips or other activities where you could lose or shatter a lens.
- If an eye injury does occur, see an ophthalmologist immediately.

Eau Claire Optical carries a number of choices for children's protective eyewear as well as adult styles. If your child is beginning a sport this spring, consider checking out our wide selection.

For more information, go to [www.cv-eye.com](http://www.cv-eye.com), or check our [Facebook](#) page for updates.

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*Chippewa Valley Eye Clinic is committed to providing the safest and most advanced eye care, serving the people in Western Wisconsin for the past 35 years. With its dedicated team of eight ophthalmologists and three optometrists, Chippewa Valley Eye Clinic delivers personalized patient care, surgical expertise and outstanding results.*