



The Maryland State Medical Society

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JULY IS EYE INJURY PREVENTION MONTH

BALTIMORE, July 22, 2013 — Eye injuries of all types occur at a rate of more than 2,000 per day. For this reason, July has been officially recognized as Eye Injury Prevention Month. Dr. Brian Avin, President of MedChi, says “site is a precious asset and an ounce of prevention secures a life with vision.”

An estimated 1,000 eye injuries occur in American workplaces alone. The Bureau of Labor Statistics (BLS) found that almost 70% of the eye injuries studied occur from falling or flying objects, or sparks striking the eye. The BLS reports that approximately three out of every five workers injured were either not wearing eye protection at the time of the accident or wearing the wrong kind of eye protection for the job. To be effective, eyewear must fit properly and be designed to effectively protect workers while they work. It is estimated that over 90% of eye injuries are preventable with the use of proper safety eyewear.

It is important to learn how to protect yourself from serious eye injuries which you can do by taking a few simple precautions.

- Wear safety goggles when working in the workshop or yard, jump-starting your car or working with cleaning or other chemicals.
- Always wear appropriate protective eyewear during sports and recreational activities. Your Eye M.D. can recommend the right eye protection for your sport.
- Fireworks can cause devastating injuries to users and bystanders. Never use them at home - attend only professional fireworks displays.

In addition to the proper safety eyewear, early detection and treatment of eye conditions and diseases are essential to maintaining good vision at every stage of life. According to the American Academy of Ophthalmology, AAO, children with a family history of childhood vision problems should be screened for common childhood eye problems before the age of 5. Although most young adults have healthy vision, if eye problems such as visual changes, pain, flashes of light, seeing spots, excessive tearing, and excessive dryness occur, they should see an eye doctor. Adults between the ages of 40 to 65 should have an eye exam every two to four years. Adults over the age of 65 should have an eye exam at least every one to two years.

Dr. Avin, states “Prevention is the first and most important step in protecting your eyes from injuries. Be sure to protect your eyes with appropriate protective eyewear. If you do experience an eye injury, seek medical attention promptly”.

About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. It is the largest physician organization in Maryland. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit www.medchi.org.