



The Maryland State Medical Society

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JULY IS EYE INJURY PREVENTION MONTH

BALTIMORE, July 9, 2015 — July is Eye Injury Prevention Month. There are approximately one million eye injuries in the United States every year, and 90% of these injuries are preventable. A large number of these injuries can cause serious, life-changing effects, like blindness. The leading causes of eye injury are workplace accidents, sports and recreational events, fireworks, house and garden injuries, sun exposure and household chemicals.

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 chemicals.
- Always wear appropriate protective eyewear during sports and recreational activities.
- Fireworks can cause devastating injuries to users and bystanders. Never use them at home - attend only professional fireworks displays.
- When outdoors, wear sunglasses that are 97-100% UV protection and choose the kind that wrap around to your temples so the sun's rays can't enter from the side.

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, children with a family history of childhood vision problems should be screened for common childhood eye problems before the age of 5. 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.

MedChi President, Dr. Cymet, states "in leadership and life, vision is a critical factor, developing and protecting ones vision should be a priority."

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.