

Baseball Eye Safety

By: *The Doctors at your local ABC Vision Clinics*

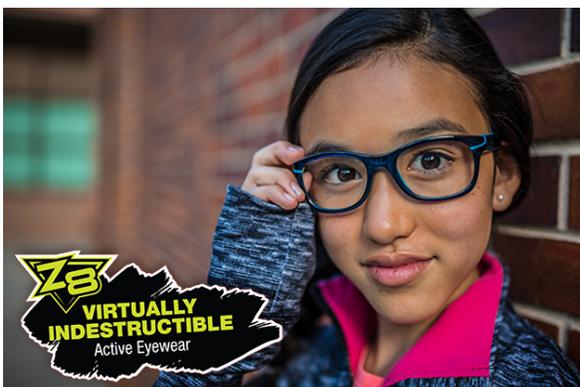
When it comes to eye safety, baseball and softball are considered high-risk sports. However, you can reduce the risks of any sport-related injury with proper protection. Start by doing a bit of research and following the established equipment guidelines. We also recommend that you speak with your eye care professional regarding the best way to prevent injuries for any sport in which your child participates. If specific eye protection is required, it's recommended that these glasses be fit by an eye care professional.



Improved Performance and Proper Protection

The first step is to make sure your child can see the ball clearly.

Your local eye doctor can provide a comprehensive eye exam to assess eye health, vision clarity and make sure the child has the tools needed to maximize his/her visual skills for sports and school. Most eye injuries from baseball and softball are a direct result of the ball being thrown or pitched at a player and not all eye glass lenses are rated for sports protection. According to Lighthouse International and ASTM International, polycarbonate lenses are the material of choice when it comes to sports protection. "The lenses of the different types of **protective eyewear should be made of polycarbonate, which is 20 times stronger than the lenses of typical eyewear.** Polycarbonate



can withstand a ball or other projectile traveling at 90 miles per hour. Contact lenses offer no protection, and street wear glasses are inadequate to protect against any type of eye injury." **Sports spectacles with polycarbonate lenses for batting, fielding, and running bases is helpful.** Many quality sunglass manufacturers provide styles with polycarbonate lenses and most children's spectacles from reputable sources are required to use polycarbonate lenses for patients under 14 years of age. **However, make sure your child's eyewear is marked with an ANSI Z87 designation.** Finally, we recommend Liberty Sports eyewear with ANSI Z87 lenses and anti-reflective treatment.

Promotion

To promote proper performance and protection for your child, ABC Vision provides a [Groupon](#) that will make getting proper performance and protective eyewear for your child easier. This Groupon will provide **\$49 for Comprehensive Eye Exam and \$200 Value Towards Glasses (\$399 Value.)** This promotion is good for you or anyone in your family and is for a limited time. Normally an Eye Exam runs between \$100-199. With the \$200 Value towards Glasses you will still be looking at about \$162-\$212 out of pocket. If you want photochromic lenses (Transitions) to auto darken on exposure to ultraviolet (UV) light that will be an additional \$99. It's a good deal.

ABC Vision

ABC Vision supports youth sports so look for our logo on a few teams each year. We have clinics in Portland, Hillsboro, and Sherwood and over 20,000 patients rely on ABC Vision as their local Eye Doctor of choice. We believe everyone deserves superior service in eye care since your vision is how you see your world. You can learn more or book at appointment at www.abcvisiononline.com. Thank you.

- Dr. Mari Ward, Dr. Rachel Murphy, and Dr. Nathaniel Roland.