



Broadway Eye Center

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Sports-related Eye Injuries

The National Eye Institute reports that eye injuries—many of which are sports-related—are the leading cause of blindness among school-aged children. Prevent Blindness America reports that 72% of people with sports-related eye injuries are 25 years old and younger. Injuries can range from fractured eye socket to a swollen retina or traumatic cataract.

Coalition to Prevent Sports Injuries (www.sportsinjuries.com) reports more than 600,000 eye injuries related to sports and recreation occur each year. Of these injuries, 42,000 are of a severity that requires emergency room attention.

More than 90% of all eye injuries can be prevented with the use of appropriate protective eyewear. Sports participants using “street wear” (that does not conform to ASTM standard F803) are at a far more severe risk of eye injury than participants using no eye protection at all.



The following sports are considered to have high to moderate risk of eye injury: basketball, baseball, softball, lacrosse, football, air rifle, BB gun, paintball, boxing, martial arts, cricket, squash, racquetball, fencing, badminton, fishing and golf. (From Optometry Times, June 2009)

To Rub or Not to Rub

According to published reports, only about 30% of patients comply with their contact lens care regimen. Patient compliance has not improved with the introduction of no-rub cleaning regimens. These instructions require a full ten-second rinse per lens to replace the digital rubbing have proved prohibitive to patients. As one noted practitioner wrote, “Patients want to save solution, not use it.”

On average, the rub methods cost each patient \$49.28 per year for solution, while the no-rub cost \$213.31.

Another contributor to patient noncompliance is misinformation. Instead of reading the detailed instructions provided on the package insert, many interpret the words “no-rub” to mean removing the lens from their eyes and placing it in a solution-filled case.

Just like gentle rubbing of your hands under water cleans better than just rinsing them, digital rubbing on contact lenses eliminates 90% of pathogens from a contaminated contact lens.

(From Review of Cornea and Contact Lenses October 2007)



Seasons Greetings from the staff at Broadway Eye Center

Dr. Ashley Huff, Tracy, Barbara, Giovani and Dr. Bob Day



Zinc

A Macular Degeneration Stabilizer

Zinc is an essential trace mineral cofactor used in more than 300 enzyme-governed reactions. Important in all forms of life, it plays a key role in ATP cellular energy production, cell signaling, immunity, brain and retinal function, growth, development and fertility.



Good sources of zinc include oysters, seafood, meat, eggs, black eye peas, tofu and wheat germ. The Recommended Daily Intake for zinc is 11 mg per day with safe upper limit of 40 mg per day.

Large doses of supplemental zinc potentially interfere with copper bioavailability and is associated with impaired kidney function and even neovascularization. Zinc deficiency has been related to visual disturbances, poor wound healing, mental sluggishness and increased susceptibility of infections.

Zinc is an essential cofactor for many of the antioxidant enzymes in the body. The normal concentration of zinc in the retina is higher than in other parts of the body. Studies have shown that combinations of zinc and antioxidant vitamins C and E can slow age-related macular degeneration. (From Review of Optometry, Nov 2009)

UV Radiation and Kids

UV radiation (light) exposure does not stop in the winter. Most Americans understand the link between UV radiation and skin cancer, but less are aware of the connection to eye damage. Long hours in the sun without adequate eye protection increase the likelihood of developing cataracts, photokeratitis (temporary sunburn to cornea), and pterygium (abnormal growth onto cornea). Children are particularly vulnerable and need sunglasses that block 99-100% of the UV-A and UV-B light.