

Tennis

Tennis is an outdoors activity resulting in your eyes suffering exposure to ultra-violet radiation (UV-rays) during daylight tennis games.

As you are aware the UV radiation we are exposed to is increasing due to depletion of the earths ozone layer. Along with skin cancer the damaging UV-rays cause cataracts, macular degeneration and growth of pterygia. These sight threatening conditions can be prevented by eliminating the exposure of the eyes to UV.

Your current prescription glasses can be treated with a UV filter to absorb 100% UV radiation and prevent it entering the eyes. Prescription sunglasses will help eliminate UV as well as glare. A photochromatic (changeable tint) lens is another good idea.

Many contact lenses now incorporate 100% UV filters, so if wearing your glasses is awkward for you these are a worthwhile consideration. Daily disposable lenses are a good idea at \$2.00 per day you just wear them when you need to and then throw them away. If you prefer to continue with glasses and they slip, try a sports band.

Tennis players can also benefit from a yellow style tint in there glasses to enhance the contrast of the tennis ball against the background of the sky and green playing surface. Night tennis players will benefit from anti-reflection coatings on there lenses to stop annoying reflections of overhead lighting.

Please feel free to consult us for a free one day disposable contact lens trial or to discuss any other options available to you to help you win that next tennis match.