

Importance of Vision in Sport

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Tennis

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

UV radiation we are exposed to is increasing due to depletion of the earth's 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 photo chromatic (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. If you prefer to continue with glasses and they slip, try a sports band. We offer daily wear lenses that you can use for a game and then throw away.

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



Golf

Most golfers will understand that the long term exposure to the elements involved in the average 18 hole round of golf can lead to accumulated damage to the skin and eyes. We would like to advise you of the need for adequate eye protection from damaging ultraviolet rays during this leisure activity.

We now stock an expanded range of sunglasses, with Mako™ now designing ultra-lightweight sunglasses and sunglass shields especially for the golfer. Bollé™ has sunglasses with Eagle Vision™ a brown tinted lens to enhance the contrast of the white golf ball against the blue sky and green fairway. This allows for more precise distance estimation and better tracking of the ball in flight. The wrap around style gives full protection and is lightweight with slip resistant nose pads, giving maximum comfort.



If you are having problems with your glasses slipping a sports strap may be the answer, or removable silicone curl grips behind the ears.

P.S. All of our sunglass sales receive a lifetime of free servicing and adjustments. Our professional advice is complementary.

Squash

Squash ball injuries are serious. A squash ball fits very well into an eye socket and when traveling at speed can cause untold damage. Most squash ball injuries result in loss of some vision and can result in permanent loss of the eye. Firstly you spend 2 weeks in hospital flat on your back with the local ophthalmologist checking your eye every 5 hours for the first 2 days to ascertain whether or not removal of the eye would be necessary.

Do you wear adequate eye protection?

Buck & Todd Optometrists have on display a range of suitable protective eyewear to be worn with ball sports such as squash. Polycarbonate prescription lenses are now available; these thin light weight highly impact resistant lenses are ideal for squash. We can also make the lenses photo chromatic or full sunglasses if you play outdoor squash.

Your current spectacles will give some protection but squash goggles would be better. Contact lenses offer no protection to a high velocity projectile such as a squash ball.



To enquiry about sport friendly sunglasses or safety glasses please contact the Buck and Todd team or visit our practice and see our range today.