

Title:

Ask the Doctor

Word Count:

557

Summary:

If you lead an active lifestyle and are often outdoors, it's important that you protect your eyes.

Keywords:

Ask the Doctor

Article Body:

Dear Dr. Hansen: I lead a very active lifestyle and am constantly outdoors. How do I best take

Protect your eyes from the environment, not just the sun. There's a high risk for injury with

Babies and infants in strollers should wear eye protection as well. People who start protectin

Keep rewetting products with you at all times. Keeping your eyes lubricated helps keep them fr

Dear Dr. Hansen: Can I swim while wearing contact lenses?

No. All water (tap water, pools, lakes, the ocean, etc.) contains all sorts of contamination.

Dear Dr. Hansen: What should I look for in a good pair of sunglasses?

Sunglasses provide protection from UV rays in sunlight. Exposed UV light may damage the cornea

Dear Dr. Hansen: How can I prevent dry eye?

Dry eye syndrome is very common. It causes a variety of symptoms, from irritation, burning and

David W. Hansen, OD, FAAO, was in clinical practice, a Fellow of the American Academy of Optom

The best way to protect your eyes while swimming is to remove your contact lenses and wear goo

Dr. Dave Hansen

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