

Unexpected discovery: Teenagers wearing contact lenses who wear bad hygiene habits are dangerous

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1. The note when wearing contact lenses
2. 15 difficult to say only those who wear glasses close to understand

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The new CDC survey is the first to analyze the hygiene and care habits of about 3 million American teenagers aged between 12 and 17 wearing contact lenses.

Dr Jennifer Cope, an epidemiologist from the CDC's Department of Disease Prevention and Control, said: "Wearing high pressure lenses helps to correct visual acuity, but this part should also be used and cared for properly. And many teenagers and adults should have effective contact and care for contact lenses to reduce the risk of eye infection '.



The habits that increase the risk of eye infection in adolescents include 30 percent of teens who sleep or nap with contact lenses, 44 percent who do not see an eye doctor once a year, and 27 percent who swim when wearing contact lenses.

The survey also found that 81% of young people aged 18 to 24, and 87% of adults aged 25 and older have a habit of increasing the risk of eye infections that may threaten their vision later.

The most dangerous habits reported in both adults and adolescents include 52% of young people and 45% of adults who do not replace regular contact lenses as prescribed, 33% of both groups sleep while wearing lens.

Eye infections due to poor contact lens hygiene habits can lead to serious problems including blindness, the agency warns.

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