

PREVENTION OF VISUAL ACUITY IN ATHLETES DIAGNOSED WITH MYOPIA

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The purpose of the study: To study methods of vision correction in athletes with myopic refraction.

Materials and methods: Ophthalmological examinations were mainly visometry, refractometry, pneumotometry, biomicroscopy, computer perimetr and ophthalmoscopy. 200 athletes (50 women and 150 men) with myopia (15-30 years old) engaged in various sports (tennis, football, karate, cycling) underwent in-depth medical examination. The following indicators were analyzed on the outpatient card: sport type, visual acuity, refractometry, pneumotometry indicators, type of eyeglasses degree of myopia and retinal condition.

Results of the study: According to the results of ophthalmological medical examination, 35% of athletes had spasm accommodation, 50% of athletes had mild myopia sph(-) 1.5D – sph(-)3.0 D, 10% of athletes had moderate myopia sph(-)3.5 D – sph(-)6.0 D, 5% of athletes had high myopia sph(-) 6.5D- sph(-) 8.0D. 25% of these athletes were not treated and did not use glasses. The remaining 75% of athletes used eyeglasses and contact lenses, 9% of them were found to be using contact lenses incorrectly, some athletes did not remove their night time contact lenses and replaced one day contact lenses every 2-3 days (aging, redness, dryness of the eyes), 5% of them were found in reticular myopic cone.

Conclusion: In addition to treating conjunctivitis and dry eye syndrome in all sport athletes should be properly informed and supervised by sports physicians about the proper use of contact lenses, also, it is necessary to take into account not only the method of correction, but the timing of wearing contact lenses. Consumption of non-doping vitamins and product rich in vitamins A, E, C, B, such as fish, liver, red carrots, greens and so on. It is also recommended to athletes to do eye exercises, to use exercise eyeglasses and visual gymnastic for restoration of visual acuity and

prevention of complications. Athletes should do special exercises 2-3 times a day to relax the eye muscles, spends less time on the computer, phone and needs to be out in nature more often and play tennis.