

# SPORTS & LEISURE

WITH CONTACT  
LENSES



ACUVUE



EYE HEALTH  
ADVISOR\*

# VISION CORRECTION

## AND SPORT



**Whether you are an Olympic athlete at the top of your game, or simply enjoying the occasional run, contact lenses can give you clear vision and freedom of movement without glasses getting in the way.**

When taking part in any kind of sport, whether competitive or simply for fun, you need to be able to see well in order to achieve the best results.

Do not underestimate any visual problem, even if you think it is of little importance. You may suffer from uncorrected vision and, as a consequence, your performance could be affected. The right vision correction is essential, as are regular eye examinations.

## Sports and visual acuity

When playing sports, your field of vision should be perfect in all directions of gaze, such as for following a moving object, estimating its position on the field and coordinating your action.

A regular eye examination does more than check whether your vision needs correcting. **It's a health check not only for the eyes but also for other health conditions.**

It can highlight underlying general health problems, such as diabetes, high blood pressure and high cholesterol.

During an eye examination, your Eye Care Professional will also evaluate how well your eyes work together and whether their performance can be enhanced.

# CONTACT LENSES CAN HELP

## IMPROVE PERFORMANCE

- Contact lenses give you better peripheral vision than glasses
- They don't get dirty, and they don't fog or mist up
- Contact lenses provide sharp, stable vision and they can be worn under masks, protective goggles or helmets
- You don't have to worry about them getting in the way like glasses or falling off or slipping down when you move or sweat
- With contact lenses, the images you see are not altered in shape or size
- With your vision taken care of, you are free to concentrate on your game

## Sports at which you can benefit the most from contact lenses

**Whether you're an extreme sports enthusiast or just go running occasionally, contact lenses give you the freedom to focus on your sport.**



### Running and gym

Whether you like to run, jog or work out at the gym, glasses can sometimes get in the way. Contact lenses can help you go the extra mile, and you won't have to worry about your glasses slipping down your nose, steaming up or bouncing up and down to the rhythm of your feet.



### Football and rugby

For the rough and tumble of football and rugby, contact lenses are a no-brainer as it saves you worrying about your glasses getting knocked off, steaming up or getting dirty and blocking your vision.



### Cycling and mountain biking

If you like cycling, you'll love the liberating feeling of contact lenses. Unlike glasses, lenses won't get splashed or dirty, and they don't stream up. Plus, they won't get in the way of your helmet, and allow you to wear sunglasses.



### Tennis, squash and badminton

Contact lenses give you a more complete, all round view so you can track a ball without the frames of your glasses restricting your view.



### Adrenaline sports

When it comes to rock climbing, mountain biking or horse riding, contact lenses are the obvious choice. Halfway up a cliff face is no place to be fiddling with your glasses.



### Snow sports

Contact lenses mean you can wear any style of non-prescription goggles or wraparound shades on the slopes. ACUVUE® brand lenses also help protect your eyes from ultra violet rays reflecting off the snow or from the sky\*.



## PROTECT YOUR EYES

FROM THE TRANSMISSION  
OF HARMFUL UV RAYS

**Did you know that extended exposure to the same harmful ultraviolet (UV) rays that affect skin can also harm your eyes?**

For those people who do play outdoor sports, experts say the effects of UV radiation are cumulative and can do irreversible harm to all structures of the eye and the surrounding tissue if they are left unprotected.

Whether you are playing tennis or beach volleyball in July, or are skiing and snowboarding in January, your eyes are exposed to the sun's rays. While most sunglasses can help block UV rays from entering through the lenses, standard, non-wrap around frame styles do not prevent UV rays from reaching the eyes from the sides, top, and bottom of the glasses.

**The greatest measure of UV protection can be achieved with a combination of UV-absorbing sunglasses, a wide-brimmed hat and UV-blocking contact lenses.**

**All ACUVUE® contact lenses have the UV-blocking feature so that they can provide you with additional protection from the transmission of harmful UV rays.\***

## DAILY DISPOSABLE LENSES

FOR PEOPLE  
WITH AN ACTIVE  
LIFESTYLE

**Lenses that are thrown away after a day (daily disposable) can be a suitable option for those who usually wear glasses but who would like to wear contact lenses when they are physically active. Daily disposable lenses offer a range of benefits.**

It is a very convenient solution for vision correction as no care of the lenses is required – **they are just thrown away every day after use**. A surface build of deposits is eliminated, resulting in clearer vision compared to reusable lenses.

**Choose from a range of different daily disposable lenses from ACUVUE®. Consult your Eye Care Professional about which lens suits best your needs and lifestyle.**

## Astigmatism

If you are astigmatic, **toric contact lenses such as those with an EYELID STABILISED Design are recommended**. This design works naturally with the eyelids, helping to keep the lens in the correct position, even with eye and head movements for clear and stable vision.<sup>1</sup>

The **EYELID STABILISED Design** is available to ACUVUE® contact lenses for ASTIGMATISM – which are available as reusable lenses and daily disposables – and in a range of contact lens materials.

## Presbyopia

If you have presbyopia ask your Eye Care Professional about **multifocal contact lenses**. In the past, presbyopia often meant a need to wear spectacles or prescription glasses over the top of contact lenses. The contact lenses would focus for distance, and the additional spectacles at near. Sadly, many people simply stopped wearing contact lenses as they became presbyopic.

With multifocal contact lenses, many contact lens wearers can continue to enjoy the same benefits of contact lenses they've always enjoyed.

Similar to progressive spectacles, a multifocal contact lens is designed with a gradual progression of prescription to help you comfortably see objects far, near, and in-between.

**1-DAY ACUVUE® MOIST MULTIFOCAL** is a daily disposable lens that will correct your presbyopia and enable you to continue playing sport and seeing close-up while wearing your contact lenses.

**Daily disposable lenses are ideal especially for people who want to use contact lenses not for every day but for specific occasions such as sports.**



## SHARE THE KNOWLEDGE

If you have learned something by reading this leaflet, there's a good chance that a family member or a friend could also benefit, so spread the word to the people you care about, it's worth it!

ACUVUE®



### References:

1. JJV Data on File 2020. ACUVUE® contact lenses for ASTIGMATISM - Overall Fitting Success, Orientation Position, Rotational Stability, and Vision Performance.

\* All ACUVUE® contact lenses have UV-blocking to help provide protection against transmission of harmful UV radiation to the cornea and into the eye. UV-absorbing contact lenses are NOT substitutes for protective UV-absorbing eyewear such as UV-absorbing goggles or sunglasses because they do not completely cover the eye and surrounding area. You should continue to use UV-absorbing eyewear as directed by your Eye Care Professional.

ACUVUE® Contact Lenses can be used for vision correction. An Eye Care professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and

instructions on proper lens care. Do not wear contact lenses if you have an eye infection or experience other eye problems or if you are allergic to any ingredient. For more information, including warnings and precautions, read the Instructions for use available on the ACUVUE® website [www.acuvue.com/en-me/terms-of-use/](http://www.acuvue.com/en-me/terms-of-use/). If you experience eye discomfort or if any condition occurs, remove the lens and contact your Eye Care Professional immediately.

ACUVUE®, ACUVUE® OASYS with HYDRACLEAR® Plus, ACUVUE® OASYS for ASTIGMATISM, ACUVUE® OASYS 1-Day with HydraLuxe™, ACUVUE® OASYS 1-Day for ASTIGMATISM, 1-DAY ACUVUE® MOIST, 1-DAY ACUVUE® MOIST for ASTIGMATISM, 1-DAY ACUVUE® MOIST MULTIFOCAL, ACUVUE® OASYS MAX 1-DAY and ACUVUE® OASYS MAX 1-DAY MULTIFOCAL are trademarks of © Johnson & Johnson Middle East 2025.

For more information on proper wear, care and safety, talk to your Eye Care Professional and read the Instructions for Use available on the ACUVUE® website [www.acuvue.com/en-me](http://www.acuvue.com/en-me)

# ACUVUE®

ACUVUE® contact lenses are available for short-sighted, long-sighted, astigmatism and presbyopia (multifocal) vision needs.

Find out more at  
[www.acuvue.com/en-me](http://www.acuvue.com/en-me)

