

Mayo Clinic Medical Edge  
*Foreign Objects in the Eye*

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	HOW OFTEN HAS THIS HAPPENED TO YOU? A BUG, A PIECE OF DIRT OR SOMETHING ELSE GETS IN YOUR EYE. WHAT'S YOUR FIRST REACTION? TO RUB IT?
<b>Muriel Schornack, O.D.</b> <b>Track 6 (:15)</b>	"RUBBING IT CAN ACTUALLY CAUSE CORNEAL DAMAGE OR COULD EMBED THE OBJECT INTO THE CORNEA."
	IT'S BETTER, SAYS DR. MURIEL SCHORNACK, A MAYO CLINIC EYE SPECIALIST, TO TRY TO RINSE A FOREIGN OBJECT OUT. YOU CAN DO THAT EITHER WITH AN EYE WASH OR YOUR OWN TEARS. IF

	<p>IT'S A CHEMICAL, YOU SHOULD FLUSH THE EYE RIGHT AWAY, EVEN BEFORE YOU CALL 911. OF COURSE THE BEST TREATMENT IS PREVENTION, AND STATISTICS SUGGEST THAT ABOUT 90-PERCENT OF EYE INJURIES WOULD BE PREVENTED BY SAFETY GLASSES. BUT DR. SCHORNACK SAYS SHE STILL HEARS THE EXCUSES.</p>
<p><b>Dr. Schornack</b> <b>Track 6 (7:32)</b></p>	<p>“YOU KNOW, IT’S NOT COOL TO WEAR EYE PROTECTION ON THE JOBSITE AND I WORK CONSTRUCTION.’ WELL, YOU KNOW, HAVING A NAIL STICK OUT OF YOUR EYE ISN’T COOL EITHER SO PUT IT ON.”</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I’M VIVIEN WILLIAMS</p>
