



Risks of Wearing Contact Lenses on Airplanes

Description

When travelling this summer, contact lens users should carefully consider their eye care routines, particularly during flights. While many might prefer to wear contact lenses instead of glasses, this choice can lead to discomfort and potential complications.

Dr. Priya M. Mathews, an expert in ocular surface diseases, notes that wearing contacts is generally acceptable on short flights, provided the eyes are healthy and the traveller does not intend to sleep during the journey. For longer flights, however, the dry cabin environment can cause significant issues for contact lens wearers. The air inside an aircraft is often quite arid, which may lead to dryness, irritation, and increased sensitivity of the eyes.

Mathews warns that prolonged exposure to dry cabin air can result in uncomfortable sensations, such as grittiness or pain. Furthermore, the pressurised environment at high altitudes reduces oxygen availability to the eyes, exacerbating these effects. In severe cases, the lenses might adhere to the eye's surface, potentially causing micro-tears and increased likelihood of infection.

Dr. Arjan Hura, a cataract and eye surgeon, highlights the heightened risk of eye infections associated with sleeping while wearing contact lenses, emphasising that anyone experiencing redness, irritation, or existing infections should opt for glasses instead.

For those determined to wear contacts, maintaining hygiene is crucial. Washing hands before handling lenses and ensuring access to adequate lens solution is essential in preventing infections. Hura advises regular lens replacement, the application of artificial tears, and suggests carrying a backup pair of glasses for emergencies, especially during extended travel.

Lastly, travellers need not worry about transferring contact lens solution to compliant containers, as travel-sized options are readily available.

Vocabulary List:

1. **ocular** //ˈɒkjələɹ// (adjective): related to the eye or to seeing
2. **arid** //ˈæɪɪd// (adjective): very dry; without much water or moisture
3. **pressurised** //ˈpreʃəraɪzɪd// (adjective): having higher air pressure inside than outside
4. **exacerbating** //ɪgˈzæsbəɪtɪŋ// (verb): making a problem or bad feeling worse
5. **adhere** //ədˈhɪr// (verb): stick firmly to a surface or object
6. **hygiene** //ˈhaɪdʒɪn// (noun): practices to keep things clean and healthy



Comprehension Questions

Multiple Choice

1. Who is Dr. Priya M. Mathews?
Option: A general practitioner
Option: An expert in ocular surface diseases
Option: An ophthalmic surgeon
Option: A travel agent
2. What does prolonged exposure to dry cabin air lead to for contact lens wearers?
Option: Increased comfort
Option: Reduced thirst
Option: Dryness and irritation
Option: Improved vision
3. What does Dr. Arjan Hura emphasise regarding contact lens use during sleep?
Option: It is safe
Option: It decreases eye strength
Option: It heightens the risk of eye infections
Option: It helps in lens preservation
4. What should travellers consider for maintaining hygiene while handling contact lenses?
Option: Wearing gloves
Option: Washing hands before handling lenses
Option: Using any type of solution
Option: Not touching the lenses at all
5. Why is it important to carry a backup pair of glasses during travel?
Option: For style purposes
Option: In case of emergencies
Option: To avoid wearing contact lenses
Option: For reading purposes
6. What type of environment do aircraft cabins generally have?
Option: Moist and humid



- Option: Dry and arid
- Option: Cool and refreshing
- Option: Warm and inviting

True-False

- 7. Wearing contact lenses is always recommended during long flights.
- 8. Dr. Priya M. Mathews believes it is acceptable to wear contacts if the eyes are healthy.
- 9. Contact lens wearers do not need to worry about infections if they wear their lenses for a long time.
- 10. Artificial tears can help alleviate discomfort for contact lens wearers.
- 11. Hygiene is not important when handling contact lenses.
- 12. Travel-sized contact lens solution containers are unavailable.

Gap-Fill

- 13. While many might prefer to wear contact lenses instead of glasses, this choice can lead to discomfort and potential _____.
- 14. Mathews warns that prolonged exposure to dry cabin air can result in uncomfortable sensations, such as _____ or pain.
- 15. The pressurised environment at high altitudes reduces oxygen availability to the _____.
- 16. Maintaining hygiene is crucial; washing hands before handling lenses and ensuring access to adequate lens _____ is essential.



17. Dr. Arjan Hura advises regular lens replacement and suggests carrying a backup pair of _____ for emergencies.

18. During travel, contact lens users need not worry about transferring lens solution to _____ containers.

Answer

Multiple Choice: 1. An expert in ocular surface diseases 2. Dryness and irritation 3. It heightens the risk of eye infections 4. Washing hands before handling lenses 5. In case of emergencies 6. Dry and arid

True-False: 7. False 8. True 9. False 10. True 11. False 12. False

Gap-Fill: 13. complications 14. grittiness 15. eyes 16. solution 17. glasses 18. compliant

CATEGORY

1. Health - LEVEL6

POST TAG

1. airplanes
2. contact lenses
3. ESL learning
4. esl news
5. eye health
6. Level 6

Tags

1. airplanes
2. contact lenses
3. ESL learning
4. esl news
5. eye health
6. Level 6

Date Created

2026/07/07

Author

aimeeyoung99