

Mayo Clinic Minute

A warning about costume contacts

VIDEO	AUDIO
Graphic: Courtesy: FDA	When it comes to colored or decorative contact lens, Halloween buyer beware.
Title: Vandana Bhide, M.D. Internal Medicine Mayo Clinic	“The only safe contact lenses are when you go to an eye doctor – so somebody who is actually certified in being able to look at your eyes and fit you for a prescription.”
Graphic: A prescription is a must Don't buy at: Boutiques Novelty stores Halloween stores	Internal medicine specialist Dr. Vandana Bhide is echoing a recent warning from the U.S. Food and Drug Administration, saying, for contacts, a prescription is a must. The alert specifically lists boutiques, novelty and Halloween stores as places not to buy contact lens.
Vandana Bhide, M.D.	“And, specifically, the part of the eye that’s most concerning is what’s called the cornea, which is the front. It’s the clear part of the eye that’s – that covers the pupil and the colored part of the eye. And that is a membrane that can very easily get damaged.”
Graphic: Scratches Infections Impaired vision	Scratches on the cornea, infections and impaired vision are all possible results of bad lenses.
Vandana Bhide, M.D.	“It’s really not worth all of the potential problems that you can have.”
	Dr. Bhide’s advice is skip the colored contacts and the risks that come with them, and choose a happy – albeit slightly less spooky – Halloween.
	For the Mayo Clinic News Network, I’m Jeff Olsen.