

“Suit Up” The Eyes
For Sports Safety

For Immediate Release

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Shin guards for soccer. Shoulder pads for football. Batting helmets for baseball and softball. Almost every sport has its own unique safety equipment. But according to Dr. Daniel L. Mason, Therapeutic Optometrist, most participants in sports forget to protect one of the most important parts of the body : the eyes

“Sports are the leading cause of eye injuries in children under 16,” Dr. Mason said, “Most of these could be avoided by wearing proper eye protection.

Protective sports eyewear can help prevent injuries such as fracture of the eye socket, scratched corneas, swollen retinas and even cataracts caused by trauma to the eye, Dr. Mason said. Parents of children who participate in sports should insist that their children wear protective eyewear and encourage schools and athletic clubs to adopt a policy requiring it.

“September is Sports Eye Safety Awareness Month,” Dr. Mason said. “And we encourage anyone who participates in sports – children and adults alike – to remember to outfit the eyes for safety. Today’s protective eyewear is lightweight, comfortable and available with or without vision correction.”

Dr. Mason owns and practices at Bonita Point Family Optometry located 180 Otay Lakes Rd., Suite 201 in Bonita, CA and is a member of Vision Source, the nation’s number one network of private practice optometrists. Founded in 1991, The Vision Source network includes more than 2,300 offices in all 50 states and in Canada.

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