



## **FOR IMMEDIATE RELEASE**

Contact: Laura Bianco  
[Laura@AllianceCommunications.net](mailto:Laura@AllianceCommunications.net)  
(813) 978-1992 ext. 227  
Cell: 813-786-4471

### ***Local Eye Doctor Argues Eyewear Is Just Important As Helmets When Playing Sports***

**PORT RICHEY, FL – March 1, 2008** - With over 600,000 sports-related eye injuries happening every year in the US, you'd think that eye protection is at the top of the gear list for athletes. The hard fact is – most people don't think about protecting their eyes when it comes to playing sports.

"We're taught at a young age to protect our bodies from bumps and bruises with protective gear," says **Brent E. Parsons, O.D., owner of and optometrist for Linsey Eyecare in Port Richey**. "We wear helmets for baseball, shoulder pads for football, and mouth guards for just about everything. But what many people overlook is the fact that eyesight is one of the most valuable senses used during all sporting events. Our eyes must be protected just as much as our shoulders, mouth, or head."

Before athletes run out and purchase just any pair of glasses to protect their eyes, Dr. Parsons says there are three things that must be considered: *the sport, lens and frames*.

**The Sport.** Think of eye protection as any other gear used in a game. "*If you wouldn't play tennis with a baseball bat, then you may not want to wear ski goggles when playing golf,*" says **Dr. Parsons**. He says to take into consideration the demands of the sport - Are there flying objects? What weather elements are present (like sea water, rain, ice)? And most importantly, what time of the day are you playing this sport?

**The Lens.** "*Once you've determined which sports you participate in, you can decide which lenses best suit your needs,*" says **Dr. Parsons**. Believe it or not, the type of lens you wear not only protects your eyes, but it can even improve athletic performance.

*For baseball and golf athletes who play during the day, the sun can be blinding. A tinted brown or amber lens can help players distinguish the ball better against the blue of the sky or green of the grass. If playing at night, change your lenses to a clear color to give the best visual acuity. An anti-reflective coating can also be placed on the lens to absorb additional glare. By adding polycarbonate lenses with these hues, one not only ensures a good game, but a safe one as well. Polycarbonate lenses are almost unbreakable, so they can withstand the impact of balls.*

*Fisherman and others playing on the water should consider polarized lenses to absorb any glare from the sun. Glares can create distracting blurs, causing you to squint. By using a polarized lens, 98% of the glare will be absorbed. Plus, it also allows fisherman to better see through the water.*

**The Frame.** Today, you'll find frame styles trendy enough to wear on and off the field. *"While many athletes prefer comfort and visibility over fashion, today's designers are combining the two and making the perfect pair of sports frames. Gone are the days of bulky eye goggles to protect one's eye during rough play,"* says **Dr. Parsons**.

If you play a few sports that require different color lenses, you may want to consider a frame that allows you to change your lenses. Athletes who participate in rough and tumble sports should look for a frame that will sustain impact. *For baseball and football players, polycarbon is the best choice. For golfers, Dr. Parsons recommends a frame without a bottom so that it does not interfere with the line of site during a swing. "When a golfer swings, their head turns slightly, and the bottom edge of the frame distracts them from the ball. By wearing oversized or bottomless frames, a golfer reduces the risk of losing the ball."*

Once the sport, lens and frame are determined, **Dr. Parsons** says the glasses should be fitted specifically for the athlete. *"Buying frames off the store rack just won't do,"* he says. Eyewear should be fitted for the face to decrease the chance of slipping and breaking. Plus it gives the athlete a chance to confirm with an eye care professional that they've made the right eyewear decision.

*"Over 13,500 individuals lose their eyesight as a result of a sports related eye injury yearly",* says **Dr. Parsons**. *"By stressing the necessity of eye protection to athletes, parents, and coaches, hopefully one day eyewear will take the same precedence as a helmet when it comes to protective gear and these statistics will go down."*

### **About Linsey Eyecare**

Linsey Eyecare in Port Richey has been family owned and operated since 1986. The full-service optometric practice offers routine eye exams, contact lens fitting and emergency eye care. Owners/optometrists Dr. Nicole Linsey Parsons and Dr. Brent E. Parsons provide preventative visual health screening, including

cataract inspection, testing for glaucoma, visual acuity, and near vision. Linsey Eyecare has one of the largest showrooms in the area for frames and has an onsite lab. For more information on Linsey Eyecare call (727) 844-3400 or visit [www.LinseyEyecare.com](http://www.LinseyEyecare.com).

# # #