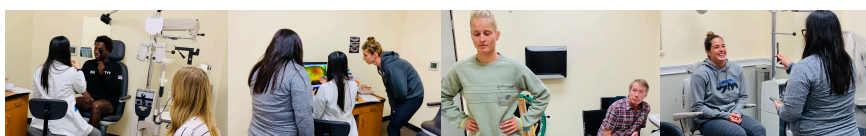


SURF CITY TRIBUNE

Team USA Gears Up For The Upcoming Season

For over a decade, Surf City Optometry has had the honor of working with several U.S. National Teams, including the USA Water Polo Organization. During that time, the U.S. Women's Team has brought home Olympic Gold twice! First in London in 2012, and most recently in Rio during the 2016 Summer Games. Now, in 2019, Surf City Optometry has been named the Official Vision Performance Provider for USA Water Polo National Teams. Pictured below, the back-to-back Olympic champs visited Surf City Optometry for their pre-season vision testing as they begin preparing for their upcoming season, and of course, Tokyo 2020.



Left to Right: Athletic Trainer Lauren Rodrigues, Dr. Amy Dinh, Head Athletic Trainer Larnie Boquiren, and Dr. Bronson Hamada.



A Day at Surf City Optometry

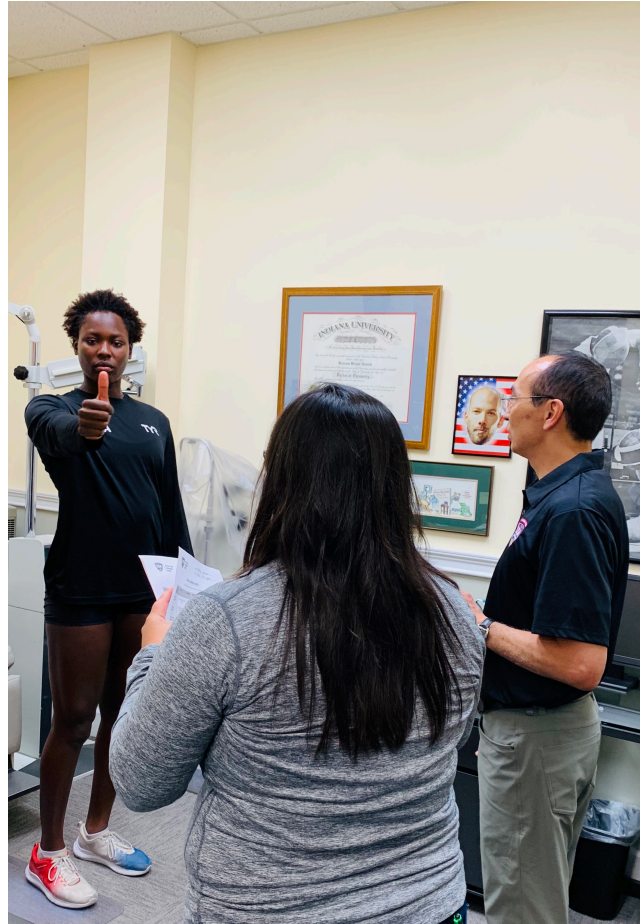
Since the beginning of Dr. Hamada's optometric career in 1988, he has had a passion for enhancing athletic performance through the maximization and training of the eyes. Doctor Hamada has found that through his sports vision enhancement training, athletes have been able to elevate their athletic ability to new levels and truly maximize their ability to make critical decisions at game-time speed.

While at Surf City Optometry, Team USA underwent multiple exams. Everything from visual acuity, to visual processing speed, to balance and stability. During their visit, the athletes also underwent multiple baseline concussion tests which provide team doctors critical information which would allow them to safely and quickly bring back athletes if they were to sustain a concussion during the season.

Health Risks on the Water? In a recent study of 1,500 water polo players, researchers found that roughly 36% of participants had suffered at least one concussion during play. The average was just over 2 concussions per season. In goalies, this number also increased heavily, where the average rate was actually found to be 2.5 concussions per goalie. Interesting to note, the study also found that concussions were much more common among females than males.

In the world of sports, concussions are often related to football, hockey, and soccer, it is very evident that water polo now needs to be a part of this discussion. According to Dr. Steven Small, Chair Emeritus of University of California, Irvine's Department of Neurology, "Our results speak to the need for systematic concussion reporting in water polo. Particularly important is reporting for individuals at the college level, who have the highest prevalence of concussion."

The study also found that among water polo players whose highest level of competition was high school, 31 percent of athletes reported at least one concussion, so clearly this is an issue which effects players of all ages.



Dr. Hamada and Team Trainer Larnie Boquiren perform a visual motion sensitivity exam on Team USA Goalie Ashleigh Johnson.

“USA Water Polo is in a really fortunate position to be in relationship with Dr. Hamada’s office and staff to be able to provide this type of quality of care for our athletes, not only in the vision performance sense, but also in the management and treatment of concussions.”

- LARNIE BOQUIREN; TEAM USA ATHLETIC TRAINER - WOMEN’S WATER POLO



Dr. Hamada activates the photo-chromatic Acuvue Oasys Transitions Contact Lens for Team USA Attacker Kiley Neushal

Eyes On The Water Glare, chlorine, fingernails, and UV radiation are just some of the many dangers water polo players face while in the water. Often overlooked, water polo players are prone to sun damage which can display itself in several different ways, including, but not limited to, the gradual degeneration of the retina, early cataract formation, and pterygium (an overgrowth of the conjunctiva).

Because wearing goggles or glasses is not an option while in play, athletes with reduced vision often rely on contact lenses to see. This became even more accessible in recent years with the advent of disposable lenses. Prior to that, losing a lens on the water was a very costly price to pay.

But, even with normal contact lenses, players are still at risk to the sun's glare reflecting off the water. Now, there's a new option in town! Recently, Johnson & Johnson Vision Care released their **brand new Acuvue Oasys Lenses with Transitions**. Designed to offer the highest level of UV protection in contact lenses, this new lens also filters everyday encounters with blue light and dynamically reduces the eye's exposure to sunlight. Come in to Surf City Optometry today to try them for yourself!

“As an athlete, there is often discussion and concern over diet, workout routines, and muscle recovery, but rarely do these conversations go into the crucial role the eyes play in gathering the information needed for athletes to make the split-second decisions that win games.”

- Dr. Bronson W. Hamada; Director, The Vision Performance Center of Excellence at Surf City Optometry



Sports Performance Assistant Anh and Dr. Amy Dinh utilize VR technology to perform a neurocognitive assessment.