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**“Sports performance with NaturalVue®”**

As a sports performance vision optometrist, I stress the importance of daily disposable contact lenses to all my patients starting as young as seven years of age! Parents are often in shock when I tell them their child can wear contact lenses at such a young age. Most of them get excited because their child is constantly losing or breaking their glasses or the glasses fog up during sports performance. What I love about NaturalVue® (etafilcon A) Multifocal Contact Lenses is that they help patients no matter the age and come only in a daily modality.

Working with the department of health and department of education I spend a lot of time stressing the importance on myopia management to parents, educators, principals, nurses, athletic directors and coaches. The rate of myopia is increasing due to a lack of outdoor activities as well as increased visual demands up close due to tablets, phones and computer usage. To help this young population keep their prescriptions from increasing year after year at a drastic rate, I fit them with NaturalVue® Multifocal 1 Day Contact Lenses. On average, it has helped my patients stabilize their prescription, which not only helps them visually, but also medically by not increasing the chances of glaucoma or early onset cataracts as they get older.

NaturalVue® has hands down become my number one lens option when it comes to any contact lens! The patients love the way it feels as well as appreciate the lens' extended depth of focus that helps them perform better visually on and off the playing field.

*Doctor Disclosing Disclaimer: Dr. Mena is co-clinical director of Special Olympics Lions Club International opening eyes program as well as sports vision director at Optical Academy. He is on the board for Hudson County NJSOP as membership chair. He is also a member of the American Optometric Association, NJ Optometric association and sports performance vision section. As a clinician, he has worked with a few professional athletes and his primary professional interests are sports performance vision, myopia management, contact lenses and concussion management.*

*This article was prepared by Dr. Mena and the opinions expressed in this article are the author's own and do not necessarily reflect the views of the manufacturer.*

*This information describes uses for multifocal contact lenses that have not been approved or cleared by the FDA for use in the United States.*