

PRESS RELEASE



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Photo Attached



Toy Safety & Your Keiki's Eyes

(Honolulu, Hawaii) December 9, 2015 – With just days until Christmas, some parents and grandparents, with wish lists in hand, are on the last minute hunt for the perfect gift for their keiki. But buyer beware! According to the Consumer Product Safety Commission, an estimated 183,800 children under 15 years old went to the emergency room for toy-related injuries in 2014. The American Academy of Ophthalmology has designated December Safe Toys and Celebrations Month so parents remember to purchase gifts for keiki this holiday season that are both safe and fun.

“Eye tissue is very delicate and sensitive to any kind of force, making it especially vulnerable to toy-related injuries,” said Christopher Tortora, M.D., Medical Director of Hawaiian Eye Center. “Children tend to be a little careless and only focus on having fun, which makes it important for parents to find toys that help limit the chance of serious eye damage.”

Toys can cause eye injuries ranging from minor to severe, including:

- Scratches to the eye's surface (corneal abrasions)
- Open sores typically from infections (corneal ulcers)
- Bleeding inside the eye
- Clouding of the eye's lens (traumatic cataracts)
- Tearing or detachment of the retina—light-sensitive tissue at back of the eye

Most toy packaging in the U.S. will indicate suggested age ranges. Use the label, as well as your own personal judgment, to purchase a toy you believe meets the age and developmental level of your own child. Toys are not one-size-fits-all, and parents should make a conscious decision on what toy will be safe and fun for their child.

Some suggestions for age-appropriate toys that help develop hand-eye coordination, stimulate visual development and teach spatial relationships include:

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- Birth to 12 months: Brightly colored mobiles, rattles, balls, stuffed animals, activity gyms and blocks.

- 1-year-olds: Stuffed animals, blocks, puzzles, finger paints, modeling clay, stacking/nesting toys or musical toys.
- 2-year-olds: Stuffed animals, blocks, puzzles, finger paints, modeling clay, stacking/nesting toys, musical toys, dress-up clothes, child-size household items, sandbox, kiddie pool, swings, backyard gym/climbing toys, toy typewriter or cash register.
- 3- to 6-year-olds: Large crayons, markers, toy computer or computer games, board games, roller skates, toy camera, stuffed animals, blocks, puzzles, finger paints, modeling clay, stacking/nesting toys, musical toys and dress-up clothes.
- 7- to 12-year-olds: Science items (microscope, telescope, chemistry set, etc.), books, bicycle, musical instrument, skateboard, jump rope, electric train, sports equipment, video games, computer games and board games.

Christopher Tortora, M.D., and Steven Rhee, D.O., are board-certified ophthalmologists at Hawaiian Eye Center. Dr. Tortora also hosts "The Hawaiian Eye Show," a weekly informational radio program about healthy vision broadcast live every Saturday at 8 a.m. on KHVH 830 AM/rebroadcast at 9 p.m. on KHBZ 990 AM. Hawaiian Eye Center's dedicated doctors and support staff are committed to educating the public about the importance of preventative eye care. To learn more about a variety of eye health issues, please call 621-8448 or visit HawaiianEye.com and Facebook.com/HawaiianEyeCenter, where "life has never looked better."

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