



2019
Vision health
observances
calendar



January

“It’s not what you look
at that matters,
it’s what you see.”

—Henry David Thoreau

¹ “10 Super Foods Which Promote Healthy Vision”; Insight Vision Center site, Feb 24, 2017. ² “7 Celebrities with Glaucoma”; Christina Heiser; everydayhealth.com; accessed Dec 2018. ³ “Glaucoma: The ‘silent thief’ begins to tell its secrets”; National Institutes of Health; nei.nih.gov; Jan 21, 2014. ⁴ “Glaucoma Facts and Stats”; Glaucoma Research Foundation; glaucoma.org; accessed Dec 2018.

National Glaucoma Awareness Month

January

4

NEW YEAR, NEW GOALS

Make a resolution
to get that eye exam.

January

28

BLUEBERRY PANCAKE DAY

Blueberries help strengthen
blood vessels in your eyes.¹

Mary Tyler Moore, John
Glenn and James Brown are
all glaucoma sufferers.²

Glaucoma is called the
“silent thief of sight” because
it happens so gradually.³



Half of the people who
have glaucoma don't
know it.⁴

February

“What you see
depends mainly on
what we look for.”

—John Lubbock

¹ “Top 10 Foods for Healthy Eyes”, Zawn Villines; medicalnewstoday.com; Mar 17, 2018. ² “Facts About Age-Related Macular Degeneration”, National Eye Institute; nei.nih.gov; accessed Dec 2018. ³ “20 Facts About the Amazing Eye”; discoveryeye.org; Jun 10, 2014. ⁴ “Ultra-violet and Blue Light Aggravate Macular Degeneration”; American Macular Degeneration Foundation; accessed Dec 2018.

Age-Related Macular Degeneration Awareness Month

February

16

NATIONAL ALMOND DAY

Vitamin E in nuts can protect against age-related damage.¹

February

22

FICK'S BIRTHDAY

Birthday of Adolf Fick, inventor of the contact lens.

People with macular degeneration often don't show any symptoms.²

2 million

An eye is composed of more than 2 million working parts.³



Wearing sunglasses helps protect against macular degeneration.⁴

March

"The eyes see only
what the mind
is prepared to
comprehend."

—Robertson Davies

Workplace Eye Wellness Month

March

3

NATIONAL ANTHEM DAY

Oh, say can you see...

March

20

SPRING BEGINS

Remember to keep your windows closed on high pollen days.

700,000

Americans injure their eyes each year at work.¹

Regular eye exams can reduce your risk of vision loss.



90% of workplace eye injuries could be reduced or prevented with the right safety eyewear.²

^{1,2} "Eye Safety at Work"; preventblindness.org; accessed Dec 2018.

April

"I never questioned
the integrity of an umpire.
Their eyesight, yes."

—Leo Durocher

¹ "Top 10 Foods for Healthy Eyes", Zawn Villines; medicalnewstoday.com; Mar 17, 2018. ² "Five Things Women Need to Know About Eye Health"; preventblindness.org; accessed Dec 2018. ³ "Eye Health Observances: April"; American Academy of Ophthalmology; aao.org; accessed Dec 2018. ⁴ "Healthy Vision Month Fact Sheet"; National Eye Institute; nei.nih.gov; accessed Dec 2018.

Women's Eye Health and Safety Month
Sports Eye Safety Month

April

4

**INTERNATIONAL
CARROT DAY**

Carrots are rich in vitamin A—so they really are good for your eyes.¹

April

28

**NATIONAL
SUPERHERO DAY**

Time to work on your x-ray vision.

Pregnancy can cause vision changes including refractive changes and dry and puffy eyes.²

100,000

people are hurt by sports-related eye injuries each year.³



Two-thirds of blindness and vision loss happens in women.⁴

May

“Life begins at 40—
but so do fallen arches,
rheumatism, faulty eyesight,
and the tendency to tell
a story to the same person,
three or four times.”

—Helen Rowland

¹ “Hereditary Ocular Disease”; Research to Prevent Blindness; rpbusa.org; accessed Dec 2018. ² “Healthy Vision Month Fact Sheet”; National Eye Institute; nei.nih.gov; accessed Dec 2018. ³ “20 Facts About the Amazing Eye”; discoveryeye.org; Jun 10, 2014.

Healthy Vision Month

May

12–18

READING IS FUN WEEK

Even more fun when you dial down artificial blue light from devices and read an actual book.

May

21

NATIONAL MEMO DAY

Memo to self, schedule an eye exam.

350+

There are more than 350 hereditary eye diseases.¹

23+ million

More than 23 million American adults have never had an eye exam.²



A fingerprint has 40 unique characteristics. An iris has 256.³

June

"It never hurts your eyesight to look on the bright side of things."

—Barbara Johnson

¹ "Eye Donation: What You Need to Know and Do"; Dr. Quresh Maskati; practo.com; Oct 20, 2016. ² "The Key to Alignment Could Be Your Eyes"; Cindy Miller; lpgawomensnetwork.com; Jan 5, 2018. ³ "Men and Women Really Do See Things Differently"; James Owen; National Geographic; news.nationalgeographic.com; Sep 6, 2012.

National Safety Month

Men's Health Month

Cataract Awareness Month

June

27

**NATIONAL
SUNGLASSES DAY**

Protect those peepers while you soak up the sun.

June

28

**INSURANCE
AWARENESS DAY**

Do you know what your vision benefits cover?

Cataracts do not disqualify someone from donating their corneas.¹

Having trouble with your golf game? Bad aim is often caused by bad eye alignment.²



Men tend to be good at seeing detail and tracking movement from a distance, while women are better at seeing different colors.³

July

“The only thing worse than being blind is having sight but no vision.”

–Helen Keller

¹ “Holy Guacamole! Avocados Are Good For Your Health”; Washington Eye Physicians & Surgeons; washingtoneye.com; accessed Dec 2018.

² “The Sun, UV Radiation and Your Eyes”; American Academy of Ophthalmology; aao.org; accessed Dec 2018. ³ “Top Tips for Protection Against Fireworks”; lookafteryoureyes.org; accessed Dec 2018. ⁴ “15 Fun Facts About Sunglasses”; americansunglass.com; Sep 5, 2018.

UV Safety Month

Fireworks Eye Safety Month

July

2

WORLD UFO DAY

Could you spot one with your current eyewear?

July

31

NATIONAL AVOCADO DAY

They're full of nutrients that can keep your eyesight strong.¹

Your corneas can actually be burned by the sun—or tanning lamps.²

If you're lighting fireworks, regular glasses aren't enough; use polycarbonate safety eyewear, found at most hardware stores.³



In the United States someone loses, breaks or sits on a pair of sunglasses every 14 minutes.⁴

August

"Few things are hidden
from a
quiet child with
good eyesight."

—Terry Pratchett

¹ "Top 10 Foods for Healthy Eyes", Zawn Villines; medicalnewstoday.com; Mar 17, 2018. ² "10 Signs Your Child May Need Vision Screening"; medicinenet.com; accessed Dec 2018. ³ 2016 Vision Council Digital Eye Strain Report. ⁴ "20 Facts About the Amazing Eye"; discoveryeye.org; Jun 10, 2014.

Children's Eye Health and Safety Month
National Eye Exam Month

August

19–23

CONTACT LENS
HEALTH WEEK

Hope you're still not rinsing
them with tap water.

August

29

NATIONAL LEMON
JUICE DAY

Citrus fruits have
antioxidants that
protect eye health.¹

If your child loses her place
while reading, it could be a
sign of a vision problem.²

60%

of people spend 5+ hours
in front of digital devices
every day.³



80% of all learning
happens through
the eyes.⁴

September

“The mind is the
eyesight of the soul.”

–Friedrich Schiller

¹ “5 Health Problems Eye Exams Can Detect,” YourSightMatters.com, March, 2016. ² “Top 10 Foods for Healthy Eyes”, Zawn Villines; medicalnewstoday.com; Mar 17, 2018. ³ “Benjamin Franklin Bifocals”; benjaminfranklinbio.com; accessed Dec 2018. ⁴ “Funny Eye Facts”; Canadian Association of Optometrists; opto.ca; accessed Dec 2018.

Healthy Aging Month

September

22–28

**NATIONAL FALL
FOLIAGE WEEK**

Don't miss out—make sure
your Rx is up-to-date.

September

29

WORLD HEART DAY

An eye exam can help
spot early signs of heart
disease.¹

Fish oil may help reverse
dry eye, which can increase
with age.²

Ben Franklin is credited with
inventing “double spectacles”
(bifocal lenses).³



If the human eye were
a digital camera, it would
have 576 megapixels.⁴

October

"It don't take much to see that something is wrong but it does take some eyesight to see what will put it right again."

—Will Rogers

¹ International Agency for the Prevention of Blindness; iapb.org; accessed Dec 2018. ² "Are Opals Bad Luck?"; Opals Down Under; opalsdownunder.com.au; accessed Dec 2018. ³ "20 Facts About the Amazing Eye"; discoveryeye.org; Jun 10, 2014. ⁴ "Preventing Eye Injuries"; American Academy of Ophthalmology; aao.org; Mar 1, 2016.

Blindness Awareness Month
Eye Injury Prevention Month

October

4

**NATIONAL
MANUFACTURING DAY**

Got those safety glasses on?

October

10

WORLD SIGHT DAY

1.2 billion people around the world don't have access to eyewear.¹

Opals (October's birthstone, the "eye stone") were commonly thought to protect eyesight.²

48 hours

A minor corneal scratch only takes only about 48 hours to heal.³



Nearly half of all eye injuries happen in the home.⁴

November

"You can't depend
on your eyes when
your imagination
is out of focus."

—Mark Twain

¹ "Top 10 Foods for Healthy Eyes", Zawn Villines; medicalnewstoday.com; Mar 17, 2018. ² "Vitamin D Emerging Research"; American Optometric Association; aoa.org; accessed Dec 2018. ³ "Green Eyes: The Most Attractive Eye Color?"; Amy Hellem; allaboutvision.com; Aug 20, 2018. ⁴ "Famous People With Diabetes"; Diabetes Daily; diabetesdaily.com; accessed Dec 2018. ⁵ "Facts About Diabetic Eye Disease"; National Eye Institute; nei.nih.gov; accessed Dec 2018.

Diabetic Eye Disease Awareness Month

November

1

WORLD VEGAN DAY

Leafy greens are rich in eye-friendly vitamin C.¹

November

17

NATIONAL TAKE A HIKE DAY

Vitamin D from sunlight helps prevent diabetes and age-related macular degeneration.²

A recent survey found that green is considered the most attractive eye color.³

Elvis Presley, Thomas Edison and Mikhail Gorbachev all had one thing in common: diabetes.⁴



Diabetes is the leading cause of blindness in adults.⁵

December

Celebrating the link between
vision and hearing

“Where words
are restrained,
the eyes often
talk a great deal.”

–Samuel Richardson

¹ “Hearing With Our Eyes, Seeing With Our Ears”; David Ludden PhD; Psychology Today; Nov 19, 2015. ² “20 Facts About the Amazing Eye”; discoveryeye.org; Jun 10, 2014. ³ “Is Nonverbal Communication a Numbers Game?”; Jeff Thompson PhD; Psychology Today; Sep 30, 2011.

December

3

**FIRST TEXT MESSAGE
SENT IN 1992**

Our eyes haven't left our
phones since.

December

16

BEETHOVEN'S BIRTHDAY

Birthday of history's most
famous deaf composer,
Ludwig van Beethoven.

What we see can actually
change what we hear—and
vice versa.¹

Your eyeballs stay the same
size your entire life, but your
ears continue to grow.²



It's believed that 55%
of communication happens
through watching
nonverbal actions.³