

2018

JANUARY GLAUCOMA AWARENESS

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY AMD AWARENESS

SUN	MON	TUE	WED	THU	FRI	SAT
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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MARCH WORKPLACE EYE WELLNESS

SUN	MON	TUE	WED	THU	FRI	SAT
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APRIL SPORTS EYE SAFETY

SUN	MON	TUE	WED	THU	FRI	SAT
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MAY HEALTHY VISION MONTH

SUN	MON	TUE	WED	THU	FRI	SAT
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JUNE FIREWORKS EYE SAFETY

SUN	MON	TUE	WED	THU	FRI	SAT
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JULY UV SAFETY

SUN	MON	TUE	WED	THU	FRI	SAT
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AUGUST CHILDREN'S EYE HEALTH

SUN	MON	TUE	WED	THU	FRI	SAT
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SEPTEMBER HEALTHY AGING

SUN	MON	TUE	WED	THU	FRI	SAT
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OCTOBER HALLOWEEN SAFETY

SUN	MON	TUE	WED	THU	FRI	SAT
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28	29	30	31			

NOVEMBER DIABETIC EYE DISEASE

SUN	MON	TUE	WED	THU	FRI	SAT
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DECEMBER SAFE TOYS & CELEBRATIONS

SUN	MON	TUE	WED	THU	FRI	SAT
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2018 EYE HEALTH OBSERVANCES

By the American Academy of Ophthalmology

JANUARY | GLAUCOMA AWARENESS MONTH

Glaucoma is a leading cause of irreversible blindness in the United States. Glaucoma has no noticeable symptoms in its early stages, and vision loss progresses at such a gradual rate that people affected by the condition are often unaware of it until their sight has already been compromised. During Glaucoma Awareness Month in January, the American Academy of Ophthalmology advises the public that the best defense against developing glaucoma-related blindness is by having routine, comprehensive eye exams.

FEBRUARY | AGE-RELATED MACULAR DEGENERATION AWARENESS MONTH

Age-related Macular Degeneration (AMD) is the leading cause of blindness among older Americans, but new treatments have dramatically changed the course of this disease over the last 10 years, making AMD more manageable than ever before. During AMD Awareness Month in February, the American Academy of Ophthalmology is reminding people with AMD that they can save their vision thanks to recent treatment advances, but early detection is a critical first step.

MARCH | WORKPLACE EYE WELLNESS MONTH

Each year, nearly 25,000 Americans visit the emergency room due to a workplace eye injury. During Workplace Eye Wellness Month this March, the American Academy of Ophthalmology reminds employers and workers about the importance of wearing certified and approved eye protection.

APRIL | SPORTS EYE SAFETY MONTH

Each year, an estimated 100,000 people are hurt by sports-related eye injuries. About 13,500 of these injuries result in permanent vision loss. In support of Sports Eye Safety Month this April, the American Academy of Ophthalmology reminds athletes everywhere that the great majority of sports-related eye injuries can be avoided by simply wearing the proper protection.

MAY | HEALTHY VISION MONTH

Approximately 37 million adults in America have age-related macular degeneration, cataract, diabetic retinopathy, or glaucoma, all of which can cause visual impairment or blindness. However, recent studies show that making healthy choices and getting regular eye exams can help reduce a person's risk of vision loss. In support of Healthy Vision Month in May, the American Academy of Ophthalmology is encouraging everyone to take charge of their eye health and preserve their sight by following some simple tips.

JUNE | FIREWORKS EYE SAFETY MONTH

Americans spend hundreds of millions of dollars annually on consumer fireworks, which cause more than 9,000 injuries a year. With the Fourth of July holiday just weeks away, the American Academy of Ophthalmology is reminding the public that fireworks are not toys but incendiary devices that can cause devastating eye injuries.

JULY | UV SAFETY MONTH

Studies show that long-term exposure to bright sunlight may increase the risk of cataracts and growths on the eye, including cancer. UV rays reflected off sand and water can cause eyes to sunburn, potentially resulting in temporary blindness in just a few hours. In support of UV Safety Month this July, the American Academy of Ophthalmology reminds the public of the importance of shielding eyes from the sun's harmful rays with 100% UV-blocking sunglasses and broad-brimmed hats.

AUGUST | CHILDREN'S EYE HEALTH / SAFETY MONTH

Children are susceptible to a host of vision and eye problems such as injury, infection and increased nearsightedness. In support of Children's Eye Health and Safety Month in August, the American Academy of Ophthalmology provides information to the public that can help protect and preserve a child's eye health for life.

SEPTEMBER | HEALTHY AGING MONTH

One in six Americans age 65 and older have a vision impairment that cannot be corrected with glasses or contact lenses. The risk of eye disease increases with age, yet many older adults neglect to see an ophthalmologist for care. To bring attention to taking care of our eyes as we age, the American Academy of Ophthalmology celebrates Healthy Aging Month to raise awareness of the signs and symptoms of vision loss - and steps to help seniors take care of their sight.

OCTOBER | HALLOWEEN SAFETY MONTH

To avoid a real-life Halloween horror story - going blind because of a costume accessory - the American Academy of Ophthalmology is warning the public against wearing costume contact lenses purchased without a prescription. These illegally sold cosmetic lenses may not be sterile and can cause a host of serious eye problems capable of morphing a fun Halloween night into a nightmare.

NOVEMBER | DIABETIC EYE DISEASE AWARENESS MONTH

People with diabetes are more likely to develop blinding eye diseases, such as diabetic retinopathy, glaucoma and cataracts. Yet recent studies have revealed low awareness of the issue among ethnicities at higher risk for diabetes. With the findings signaling that many Americans may not be defending themselves against diabetes-related vision loss, the American Academy of Ophthalmology encourages those with diabetes to take proactive steps to protect their vision.

DECEMBER | SAFE TOYS / CELEBRATIONS MONTH

Roughly 1 in 10 children's eye injuries that end up in the ER are caused by toys. In support of Safe Toys and Celebrations Month this December, the American Academy of Ophthalmology advises parents to be cautious when choosing holiday gifts for young people and recommends avoiding those that launch projectiles, such as crossbows and BB guns. The Academy also offers tips on how to safely open champagne to keep New Year's celebrations from turning tragic.

FEBRUARY 2018: AGE-RELATED MACULAR DEGENERATION AWARENESS



UNDERSTANDING AMD'S RISK FACTORS, SYMPTOMS AND TREATMENTS

WHAT IS AMD?

Age-related macular degeneration (AMD) is deterioration of the macula, which is the small central area of the retina of the eye that is responsible for sharp, central vision.

AMD has three stages:

- **Early** – Diagnosed by the presence of medium-sized, yellow deposits (known as drusen) beneath the retina that are about the width of an average human hair.
- **Intermediate** – Those at this stage will usually have large drusen, pigment changes in the retina, or both.
- **Late** – In addition to drusen, vision loss from damage to the macula will also become noticeable in this stage.

WHAT ARE THE RISK FACTORS OF AMD?

The biggest risk factor for macular degeneration is age. Your risk increases as you age, and the disease is most likely to occur in those 55 and older. You are also more likely to develop macular degeneration if

you are overweight, smoke cigarettes, are Caucasian, are female, have a family history of macular degeneration and / or eat a diet high in saturated fat.

WHAT ARE AMD'S SYMPTOMS?

Macular degeneration usually results in a slow, painless loss of vision. In the early stages, symptoms and signs of macular degeneration can go unnoticed, though some signs of vision loss from AMD can include:

- Gradual loss of ability to see objects clearly.
- Straight lines look wavy or warped.
- Loss of clear color vision.
- A shadowy or empty area in the center of vision.

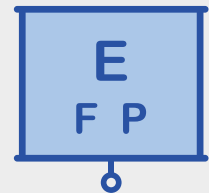
HOW DO YOU TREAT GLAUCOMA?

There is currently no cure for AMD, though some treatments can delay its progression or even improve vision. Through comprehensive eye exams, early signs of the condition can be detected before symptoms occur. Dark clumps of released pigment and later, areas that are less pigmented, might be found.

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REGULAR EYE EXAMS ARE IMPORTANT

Did you know all of your body's veins and arteries end in your eye? That's why your eye exam is key in detecting early chronic and systemic diseases like diabetes and hypertension. Your eye exam is one of the most important preventative care services available to you.



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If you have any questions or concerns regarding symptoms, please consult your optometrist immediately.

Sources: All About Vision, AAO, Macular.org, AOA, NIH.gov

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