



2022

Vision health  
observances  
calendar



# January

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

–Henry David Thoreau

<sup>1</sup> “The 10 Best Superfoods for Your Eyes”; AARP; [aarp.org](http://aarp.org); Sept 29, 2020. <sup>2</sup> “7 Celebrities with Glaucoma”; Christina Heiser; [everyday-health.com](http://everyday-health.com). <sup>3</sup> Glaucoma: The Silent Thief of Sight”; Green County Eye Care; [greencountyeyecare.com](http://greencountyeyecare.com). <sup>4</sup> “Don’t Let Glaucoma Steal Your Sight!”; Centers for Disease Control and Prevention; [cdc.gov](http://cdc.gov).

## National Glaucoma Awareness Month

January

# 3

### 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.<sup>1</sup>

Mary Tyler Moore, John Glenn  
and James Brown were all  
glaucoma sufferers.<sup>2</sup>

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



Half of the people who  
have glaucoma don’t  
know it.<sup>4</sup>

# February

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

—John Lubbock

<sup>1</sup> “Vitamin E for Healthy Aging”; Lancaster Farming; Aug 9, 2020. <sup>2</sup> “Age-Related Macular Degeneration”; Cleveland Clinic; myclevelandclinic.org. <sup>3</sup> “Eye Anatomy: Parts of the Eye and How We See”; American Academy of Ophthalmology; Mar 9, 2021. <sup>4</sup> “Sunglasses 101”; MacularDegeneration.net; May 20, 2020.

## Age-Related Macular Degeneration Awareness Month

February

# 16

### NATIONAL ALMOND DAY

Vitamin E in nuts  
can protect against  
age-related damage.<sup>1</sup>

February

# 22

### FICK'S BIRTHDAY

Birthday of Adolf Fick,  
inventor of the contact lens.

People with macular  
degeneration often don't  
show any symptoms.<sup>2</sup>

# 2 million

An eye is composed of more  
than 2 million working parts.<sup>3</sup>



Wearing sunglasses  
helps protect against  
macular degeneration.<sup>4</sup>

# March

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

—Robertson Davies

<sup>1,2</sup> "An Estimated 90 Percent of Work Related Eye Injuries Could Be Avoided"; University of Wisconsin; Mar 4, 2019.

## 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.

# 2,000

Americans injure their eyes each day at work.<sup>1</sup>

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.<sup>2</sup>

# April

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

—Leo Durocher

<sup>1</sup> "36 Fabulous Foods to Boost Eye Health"; Celia Vimont; aao.org; Jan 10, 2020. <sup>2</sup> "Pregnancy can cause dry eyes and other vision changes"; Jill Neimark; allaboutvision.com; May 2021. <sup>3</sup> "Sports Eye Safety"; David Turbert, Beatrice Shelton; aao.org; Mar 8, 2021. <sup>4</sup> "Women are at Higher Risk for Eye Disease Than Men"; Your Sight Matters; yoursightmatters.com; 2021.

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.<sup>1</sup>

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.<sup>2</sup>

# 30,000

sports-related eye injuries are treated in U.S. emergency rooms each year.<sup>3</sup>



Two-thirds of blindness and vision loss happens in women.<sup>4</sup>

# 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

<sup>1</sup> “Hereditary Ocular Disease”; Research to Prevent Blindness; rpbusa.org. <sup>2</sup> “Many American Adults Have Vision Problems but Do Nothing”; Rebuild Your Vision; rebuildyourvision.org; Oct 1, 2020. <sup>3</sup> “20 Facts About the Amazing Eye”; Susan DeRemer; discoveryeye.org; 2020.

## Healthy Vision Month

May

# 2-8

### CHILDREN’S BOOK WEEK

Exercising your eyes before bed – with a book, not a device – can help your body relax.

May

# 21

### NATIONAL MEMO DAY

Memo to self, schedule an eye exam.

# 350+

There are more than 350 hereditary eye diseases.<sup>1</sup>

# 54%

Only 54% of Americans get a regular eye exam.<sup>2</sup>



A fingerprint has 40 unique characteristics. An iris has 256.<sup>3</sup>

# June

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

—Barbara Johnson

<sup>1</sup> "What is Eye Donation?"; LifeSource; life-source.org; Aug 20, 2020. <sup>2</sup> "The Key to Alignment Could Be Your Eyes"; Cindy Miller; lpgawomensnetwork.com; Sept 20, 2019. <sup>3</sup> "Why Men and Women See Color Differently"; Hailey van Braam; colorpsychology.org; April 24, 2020.

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.<sup>1</sup>

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



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

# July

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

—Helen Keller

<sup>1</sup> “36 Fabulous Foods to Boost Eye Health”; Celia Vimont; aao.org; Jan 10, 2020. <sup>2</sup> “The Sun, UV Radiation and Your Eyes”; David Turbert; aao.org; June 11, 2020. <sup>3</sup> “Top Tips for Protection Against Fireworks”; College of Optometrists; lookafteryoureyes.org; 2021. <sup>4</sup> “Where do most people buy sunglasses?”; All About Vision; allaboutvision.org. Jan 2021.

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.<sup>1</sup>

Your corneas can actually be burned by the sun—or tanning lamps.<sup>2</sup>

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



# 55%

Roughly 55% of adults in the U.S. misplace or break their sunglasses annually. Most of these are lost in the car.<sup>3</sup>



# August

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

—Terry Pratchett

<sup>1</sup> "36 Fabulous Foods to Boost Eye Health"; Celia Vimont; aao.org; Jan 10, 2020. <sup>2</sup> "Top 10 Signs Your Child Needs Glasses"; Troy Bedinghaus, OD; verywellhealth.org; April 16, 2021. <sup>3</sup> "Screen Time Statistics"; Rochi Zalani; elitecontentmarketer.com; Feb 25, 2021. <sup>4</sup> "Vision and Learning Difficulties"; Dr. Russel Lazarus; optometrists.org; April 6, 2020.

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

August

# 15

**NATIONAL  
RELAXATION DAY**

If your eyes have been working overtime, it might be time to give them a digital break.

August

# 29

**NATIONAL LEMON  
JUICE DAY**

Citrus fruits have antioxidants that protect eye health.<sup>1</sup>

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

# 4 hours

The average American spends nearly 4 hours on their mobile device per day.<sup>3</sup>



80% of all learning happens through the eyes.<sup>4</sup>

# September

“The mind is the  
eyesight of the soul.”

–Friedrich Schiller

<sup>1</sup> “7 Health Problems Eye Exams Can Detect” Your Sight Matters; yoursightmatters.com; 2021. <sup>2</sup> “36 Fabulous Foods to Boost Eye Health”; Celia Vimont; aao.org; Jan 10, 2020. <sup>3</sup> “Benjamin Franklin Bifocals”; Michael Benton; benjaminfranklinbio.com; 2021. <sup>4</sup> “How many megapixels is the human eye?”; Ashley Hamer; discovery.com; Aug 1, 2019.

## Healthy Aging Month

September

# 25

**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.<sup>1</sup>

Fish oil may help reverse  
dry eye, which can increase  
with age.<sup>2</sup>

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



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

# 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

<sup>1</sup> "Why do billions of people still not have glasses?"; Tim Harford; bbc.com; Nov 20, 2019. <sup>2</sup> "Are Opals Bad Luck?"; Opals Down Under; opalsdownunder.com.au; 2021. <sup>3</sup> "Corneal Abrasions"; Amy Hellem; allaboutvision.com; 2021. <sup>4</sup> "Eye Injury Prevention"; Dave Turbet; aao.org; April 14, 2021.

Blindness Awareness Month  
Eye Injury Prevention Month

October

# 1

**NATIONAL  
MANUFACTURING DAY**

Got those safety  
glasses on?

October

# 14

**WORLD SIGHT DAY**

1.2 billion people around  
the world don't have access  
to eyewear.<sup>1</sup>

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

# 48 hours

A minor corneal scratch  
only takes only about  
48 hours to heal.<sup>3</sup>



Nearly half of all eye injuries  
happen in the home.<sup>4</sup>

# November

“You can’t depend  
on your eyes when  
your imagination  
is out of focus.”

—Mark Twain

<sup>1</sup> “36 Fabulous Foods to Boost Eye Health”; Celia Vimont; aao.org; Jan 10, 2020. <sup>2</sup> “How Vitamin D Protects Aging Eyes”; Your Sight Matters; yoursightmatters.com; 2021. <sup>3</sup> “What is the rarest eye color?” Adam Debrowski; allaboutvision.com; 2021. <sup>4</sup> “10 Celebrities with Diabetes”; Rachel Nagelberg; healthline.com; Aug 8, 2019. <sup>5</sup> “Facts About Diabetic Eye Disease”; National Eye Institute; nei.nih.gov; Aug 3, 2019.

## Diabetic Eye Disease Awareness Month

November

# 1

### WORLD VEGAN DAY

Leafy greens are rich in eye-friendly vitamin C.<sup>1</sup>

November

# 17

### NATIONAL TAKE A HIKE DAY

Vitamin D from sunlight helps prevent diabetes and age-related macular degeneration.<sup>2</sup>

The rarest eye color among Americans are green eyes. Fewer than one out of ten Americans have green eyes.<sup>3</sup>

Halle Berry, Randy Jackson, and Tom Hanks all have one thing in common: diabetes.<sup>4</sup>



Diabetes is the leading cause of blindness in adults.<sup>5</sup>

# December

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

—Samuel Richardson

<sup>1</sup> “McGurk Effect”; Guo Feng; frontiersin.org; Oct 4, 2019. <sup>2</sup> “How our eyes grow and change as we get older”; Erica Cirino; Oct 21, 2019.

<sup>3</sup> “How much of communication is nonverbal?”; Kelly Strain; pgi.com; March 30, 2020.

Celebrating the link between  
vision and hearing

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.<sup>1</sup>

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



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