

Monthly Focus / Observances for 2024

Month	Tagline
January	January is Glaucoma Awareness Month Did you know an estimated half of the 3 million Americans with glaucoma do not know they have the condition? Learn more about causes, diagnosis, and treatment of glaucoma, which is the second leading cause of vision loss and blindness.
February	February is Age-Related Macular Degeneration Month Age-related macular degeneration, the leading cause of blindness among older Americans, has no symptoms in the early stages. Early detection is possible through a regular comprehensive, dilated eye exam with a VSP® network eye doctor.
March	March is Workplace Wellness Month Did you know that the average American spends more than seven hours a day on a digital device? An increasing part of workplace wellness is managing digital eye strain. Learn more about the symptoms of and treatment for digital eye strain.
April	April is National Stress Awareness Month Eye twitching, under eye puffiness, and ocular migraines are three ways stress can make itself known through your eyes. Restful sleep, hydration, and reduced alcohol and caffeine intake can help reduce all three. Which do you regularly practice?
May	May is Healthy Vision Month There are many ways to maintain healthy vision, from reducing screen time and wearing sunglasses outdoors, to eating the right foods, and of course, getting regular eye exams. What can you be doing even better to take care of your vision?
June	June is Children’s Vision Month Did you know it is recommended that children get their first comprehensive eye exam by age three? During this exam, VSP® network eye doctors can identify and treat common children’s vision issues like refractive errors and misalignment.
July	July’s focus is on Sports-Related Eye Safety Did you know that young male adolescents have the greatest prevalence of sports-related eye injuries in the U.S.? Protect your children’s eyes during outdoor play with shatter-resistant sports glasses or goggles, ideally with 100% UV protection.
August	August is Children’s Vision and Learning Month Did you know that 1 out of 4 children struggle with reading and learning because of undiagnosed vision problems? Ensuring your children get a comprehensive eye exam at least once every two years can help detect problems not found in school- and community-based vision screenings.
September	September is Healthy Aging Month Did you know that by age 65, 33% of Americans will have a vision-impairing eye disease? Annual visits to your VSP® network eye doctor starting at age 40 can help detect the presence of eye disease early, which may minimize the impact on your vision later in life.
October	October’s focus is on Managing Dry Eyes Seasonal allergies and cooler temperatures can make it even tougher to live with dry eyes. Dive deeper into the causes, symptoms, and how a visit to a VSP® network doctor can be the first step to finding lasting relief from dry eyes.

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November	November is American Diabetes Month Did you know diabetes is the leading cause of new cases of blindness among Americans aged 18-64? If you have diabetes, you are at higher risk for several eye diseases, so it is recommended you have an annual eye exam with your VSP® network doctor, regardless of your age or current vision status.
December	December's focus is on Improving Night Vision Millions of people in the US experience trouble with night vision, or nyctalopia. Discover the most common causes of poor night vision and how a VSP® network doctor can help improve night sight.

Sources for monthly observances & information: American Academy of Ophthalmology (AAO).