

National Glaucoma Awareness Month



Glaucoma at a glance

- Has no symptoms at first, so people with glaucoma may not know they have it
- Diagnosed with a dilated eye exam
- Can't be prevented or cured – but it can be treated with medicines, laser treatment, or surgery

Eyesight is often considered one of our most valuable senses, allowing us to perceive the world around us in vivid detail. However, there's a condition that silently threatens this precious sense—glaucoma. Glaucoma is often referred to as the “silent thief of sight” because it can cause irreparable damage without showing early symptoms. As we enter into January, it's essential to note that this month is dedicated to raising awareness about glaucoma. **January is Glaucoma Awareness Month**, providing an opportune time to delve into understanding this condition, its detection, and management. This awareness campaign aims to shed light on the importance of preserving vision and preventing irreversible damage caused by glaucoma.

What is Glaucoma?

Glaucoma is not just one eye condition but a group of eye diseases that damage the optic nerve, usually due to an increase in intraocular pressure. This damage can lead to irreversible vision loss and even blindness if left untreated. The optic nerve serves as the information highway between the eye and the brain, and damage to it can cause significant visual impairment.

January 29th – Dannie Perkins

HAPPY BIRTHDAY

JANUARY

January Observances & Fun Facts

January 2025 is Observed as	<ul style="list-style-type: none"> ▶ National Mentoring Month ▶ National Glaucoma Awareness Month ▶ Cervical Health Awareness Month ▶ National Blood Donor Month ▶ Birth Defects Prevention Month
Jan. Birthstone	Garnet
Fruit & Veggies for the Month of January	<ul style="list-style-type: none"> ▶ Tangerines ▶ Sun Dried Tomatoes ▶ Raisins ▶ Quinoa ▶ Sunchoke ▶ Dried Cranberries ▶ Yucca Root ▶ Jicama ▶ Taro Root ▶ Water Chestnut
January Flower	Carnation
Jan. Astrological Sign	Capricorn (till 19th) & Aquarius (20th→)
Proclamations and Notable January Observances	

Colors associated with January include white, light blue, and garnet:

White: Symbolizes purity and the beginning of new things.

Light blue: Associated with snowfall and winter.

Garnet: The birthstone for January, and its deep red hue comes from pomegranate seeds. Garnet is also a symbol of protection and love.

Caramel: Pantone's color for January, which is said to represent substance and determination. Some other colors associated with January include dark blue and blood red:

Dark blue: One of the colors associated with January.

Blood red: Some say that blood red can rejuvenate your home and is often used as an