

August 2007

August is Cataract Awareness Month!

About 20.5 million Americans age 40 and older have cataracts. More than half of all Americans develop cataracts by age 80. Cataracts cloud the clear lens of the eye making vision blurry but cause no pain.

See your eye doctor if you have any of the following symptoms:

- Painless blurring of vision;
- Sensitivity to light and glare;
- Double vision in one eye;
- Poor night vision;
- Fading or yellowing of colors;
- Frequent changes in glasses or contact lens prescriptions



For more information visit: <http://www.aaopt.org/eyemd>

National Immunization Awareness Month (NIAM)

The goal of NIAM is to increase awareness about immunizations across the lifespan, from infants to the elderly. Vaccines offer safe and effective protection against infectious diseases. Being aware of the vaccines that are recommended for all ages, and making sure that we receive these immunizations, are critical in protecting ourselves and our communities from disease.

For more information about immunizations or a vaccination schedule visit: <http://www.cdc.gov/nip/>



World Breastfeeding Week (WBW) August 1-7

Celebrates the signing of the Innocenti Declaration which promotes, protects and supports breastfeeding. Breast milk is the most complete form of nutrition for infants and offers many benefits to the baby and mother.

For more information visit: <http://www.la lecheleague.org/> or <http://www.aap.org/>

Psoriasis Awareness Month

Did you know that psoriasis is a non-contagious, lifelong skin disease that affects 7.5 million Americans. There is no cure for psoriasis but there are different therapies that can reduce symptoms.

For more information visit : <http://www.psoriasis.org/> or <http://www.aad.org/>

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