



BEAUTY OF
SIGHT
A LIONS EYE BANK

Clear Perspectives

The monthly newsletter from Beauty of Sight

January 2025 | VOL 1

BEAUTY OF SIGHT'S 2024 IMPACT

Beauty of Sight had a profound impact on our community in 2024 through vital eye care services and support. To learn more, visit us at www.beautyofsight.org



949

Eye donors contributed to our mission to restore sight this year.



95

Scleras were used in glaucoma and oculoplastic surgeries.

984

Corneas were distributed for transplant.



608

Tissues were used for innovative ophthalmic research.

249

Tissues were used to train healthcare professionals.

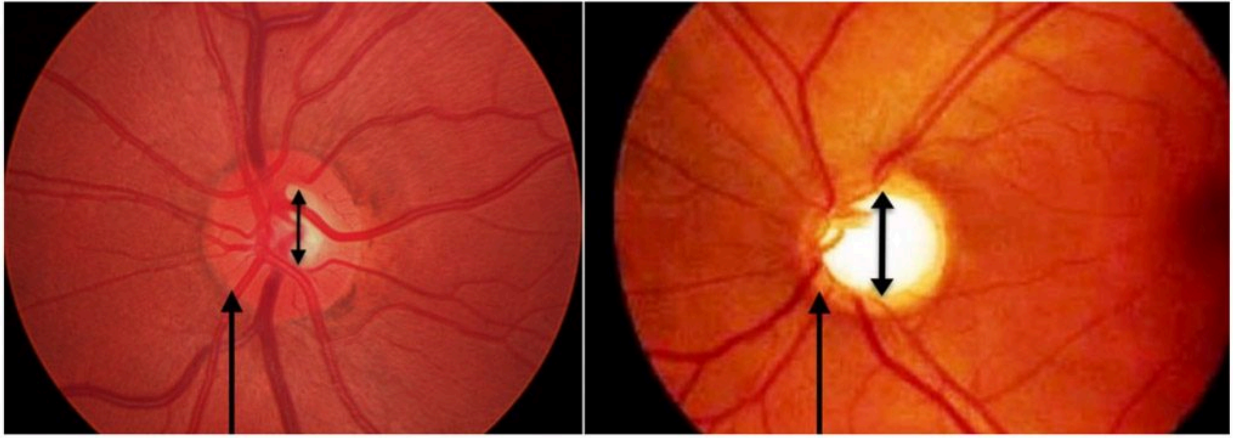


1,760

Serum Tears & PRGF were processed for patients with ocular surface disease.

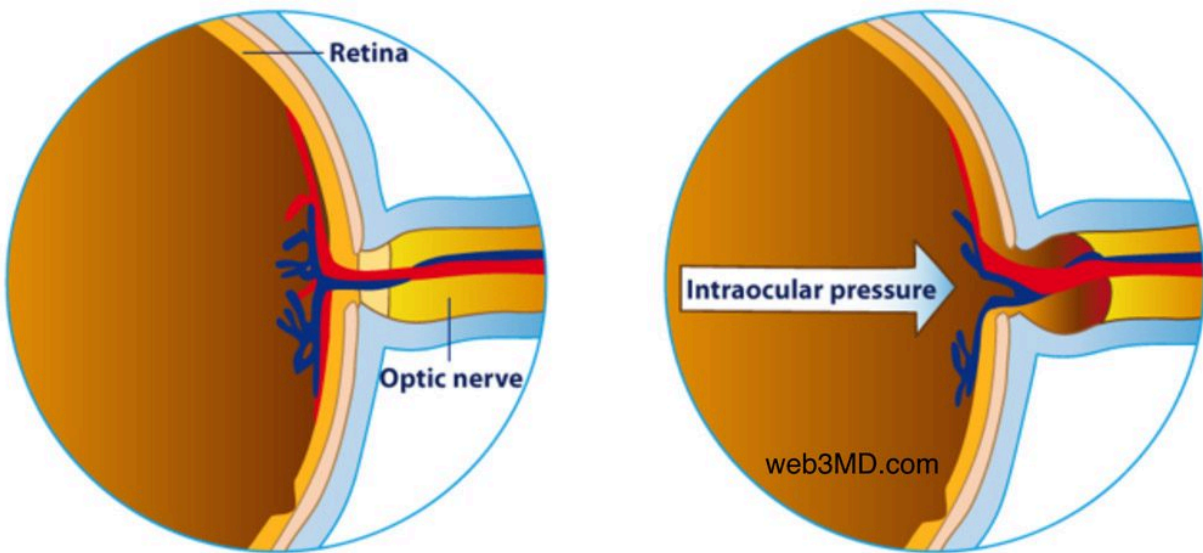


JANUARY IS GLAUCOMA AWARENESS MONTH



Healthy eye with a normal optic nerve head

Glaucoma eye with glaucomatous cupping of the the nerve head



Glaucoma is a leading cause of vision loss and blindness in the United States. But as many as half of people with glaucoma don't know they have it.

Glaucoma has no early symptoms. The only way to check for it is to get a comprehensive dilated eye exam. There's no cure for glaucoma, but starting treatment as early as possible can help stop vision loss.

Anyone can get glaucoma, but some people are at higher risk, including people who:

- Are over age 60
- Are Black/African American and over age 40
- Are Asian American
- Are Hispanic/Latino
- Have a family history of glaucoma

This Glaucoma Awareness Month, join our National Eye Health Education Program (NEHEP) in encouraging everyone at higher risk for glaucoma to get a dilated eye exam. It's the best way to protect their vision!

You can find [more materials about glaucoma](#).

NEW YEAR'S RESOLUTIONS YOUR EYES WILL WANT TO ADOPT IN 2025



With the New Year approaching, it's time to consider resolutions supporting a healthier, more balanced lifestyle in 2025. Resolutions can be a great way to set positive intentions, helping you prioritize well-being, manage stress, and improve long-term health.

Prioritize Regular Eye Exams

Keeping up with regular eye exams is one of the most important resolutions for anyone wanting to maintain optimal eye health. Routine eye exams help detect vision changes early and provide valuable insights into overall health. Many eye conditions, such as glaucoma, cataracts, or retinal disorders, develop without noticeable symptoms.

Make Screen Time Breaks a Habit

With screen time increasing, regular breaks are essential for protecting eye health. The 20-20-20 rule—looking at something 20 feet away for 20 seconds every 20 minutes—is a simple yet effective way to reduce eye strain.

Focus on a Healthy, Balanced Diet

A healthy diet supports overall well-being and provides essential nutrients for maintaining good vision. Foods rich in vitamins A, C, and E, as well as omega-3 fatty acids and antioxidants, play a significant role in eye health.

Stay Hydrated for Healthier Eyes

Proper hydration plays a significant role in overall health, including moisturizing eyes and reducing the risk of dry eye symptoms. Dehydration can cause eye dryness and discomfort, making drinking adequate water throughout the day essential.

Practice Mindful Movement and Exercise

Exercise improves circulation, supports heart health, and promotes a healthy weight, all beneficial to eye health. Regular exercise also reduces the risk of health conditions like diabetes and high blood pressure, which can negatively impact eyesight.

Protect Your Eyes from UV Damage

UV rays can harm your eyes and increase the risk of cataracts, macular degeneration, and other eye conditions. Wearing UV-protective sunglasses, even on cloudy days, is a practical way to preserve eye health.

Limit Caffeine and Alcohol Intake

Excessive caffeine and alcohol consumption can contribute to dehydration, which may result in dry eyes and eye strain. In 2025, consider reducing caffeine and alcohol intake and substituting them with healthier alternatives, such as herbal teas or water.

RESTORING SIGHT ACROSS BORDERS



A Collaborative Effort to Restore Sight Across Borders

In an inspiring collaboration between Peru's National Institute of Ophthalmology (INO) "Dr. Francisco Contreras Campos," Lions Club International, and Beauty of Sight, six corneas were transported from the United States, bringing the gift of sight to those who needed it most. This achievement is a testament to the incredible miracles that can occur when efforts are united.

Transforming Lives Through the Gift of Sight

The generosity of Beauty of Sight and Lions Eye Bank International has had a life-changing impact on six patients in Peru. Thanks to the dedication of Katrina Llanes, Laboratory Supervisor, and Elizabeth Fout, Executive Director at Beauty of Sight, this invaluable donation has become a beacon of hope and gratitude. Beauty of Sight remains committed to ensuring that no one suffers from avoidable blindness due to financial constraints through initiatives like the Cornea Gratis Program, which provides corneal tissue utterly free of charge to those in need.

The recipients include:

- Two blind siblings who underwent surgery on December 24
- One patient with Down syndrome
- One patient who had been waiting since 2000
- Two senior patients with blindness

Delivered on December 19, 2024, these corneas have restored sight and transformed lives.

Cornea Gratis Program

For most patients, corneal transplantation is covered by insurance, including the corneal processing fee for recovering and preparing the tissue at Beauty of Sight's laboratory. However, uninsured patients with limited financial resources may face barriers to this life-changing procedure.

The Cornea Gratis Program ensures that no one suffers from avoidable blindness due to financial constraints. This initiative subsidizes the tissue processing fee, enabling Beauty of Sight to provide corneal tissue free of charge to eligible needy patients.

Your support can help restore sight and transform lives.

Donate today at www.beautyofsight.org and make a difference for those in need.

BEAUTY OF SIGHT PARTICIPATES IN THE 12TH ANNUAL RUN 4 LIFE 5K.



On Saturday, November 16, 2024, Beauty of Sight proudly joined the 12th Annual Run 4 Life 5K to support organ, eye, and tissue donation. Our team included:

- Concetta Triglia
- Dominic Triglia
- Vivian Lopez
- Deija Serje
- Andre Doren
- Allan Prindle
- Dahiana De Francisco

Prizes were awarded to the Top 3 overall finishers and the Top 3 in each age group. We are thrilled to announce that four of our team members placed 1st, 2nd, and 3rd in their respective age groups—a testament to their dedication and spirit!

This event was open to runners, walkers, and families, providing a unique way to:

- **Honor organ, eye, and tissue donors**
- **Celebrate transplant recipients**
- **Support those awaiting transplants**

The event brought together members of donor organizations, healthcare professionals, transplant recipients, and donor families who participated to honor loved ones who gave the gift of life. The event raised over \$50,000 for the first time and had an impressive 605 participants join the cause.

The Run 4 Life 5K, hosted by the Life Alliance Organ Recovery Agency at the University of Miami, is a yearly tradition that unites our community in celebration and remembrance. Continuing the tradition started in 2022, the race venue was once Zoo Miami, offering participants a unique opportunity to run alongside Zoo Miami's majestic animals in a certified 5K chip-timed course.

Beauty of Sight is grateful to everyone who contributed to this incredible event. Together, we honor the gift of life and raise awareness about the impact of organ, eye, and tissue donation.

TEEN POETS SHINE AT THE INAUGURAL IGNITE YOUR MIC FOR LIFE POETRY SLAM



On November 9, 2024, young voices across South Florida gathered for the Teen Poetry Slam, a collaboration between Legacy Donor Services Foundation, Bluapple Poetry Network, the Jason Taylor Foundation, and Donate Life Florida. This inspiring event showcased the creative power of poetry to spark conversations about the life-changing impact of organ, eye, and tissue donation.

The competition was judged by an esteemed panel of five: radio host K Foxx; Jorge Fajardo and Robert Hurwitz, both donor siblings; Renee Jones, a donor mom; and Dahiana De Francisco from Beauty of Sight. Each brought a unique perspective and passion for the cause, making the event both meaningful and memorable.

Celebrating Creativity and Life

The Teen Poetry Slam invited 7th through 12th-grade students to submit poems focused on “*Donate Life: Organ, Eye, and Tissue Donation.*” After a competitive submission process, ten finalists were selected to perform at the live event. In the first round, finalists presented their themed poems, captivating the audience with heartfelt messages and vivid imagery. The top five poets advanced to the final round, where they performed original works of their choice. Each performance was a reminder of the power of words to inspire change and reflect on the gift of life.

A Night to Remember

With performances full of passion and purpose, the event wasn’t just a competition but a celebration of hope and generosity. Poets used their art to highlight the transformative impact of donation, encouraging attendees to share their decision to become donors with loved ones.

Join the Movement

The Teen Poetry Slam was a success, combining art and advocacy in a way that inspired all who attended. As we celebrate the creativity and talent of these young poets, we encourage everyone to take part in raising awareness about the importance of donation.

Let’s continue to use our voices and actions to make a difference. We can create a legacy of life, hope, and vision together.



We would love to share your story

If you are the recipient of a cornea or have a story of a donor that you would like to share, please let us know. Email ddfrancisco@med.miami.edu or use the QR code





When is your *Birth*day?

Choose Beauty of Sight
As your charity on Facebook Fundraiser



Beauty of Sight | 900 NW 17th Street | Miami, FL 33136 US

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