FACTUM

Just Two in Five Women Link Eye Health To Perimenopause or Menopause

90% Say Seeing Clearly and Comfortably Helps Them Feel Confident

Toronto, Canada, October 1, 2026 - While clear and comfortable vision is closely tied to confidence, many women may not realize how hormonal changes can affect their eye health. Just 40% of women aged 35 to 60 across 6 countries realize that eyesight and eye health can be affected around the same time as perimenopause or menopause, according to a global Johnson & Johnson survey conducted by Ipsos. Yet nine in ten women agree that seeing clearly and comfortably helps them feel confident (51% strongly agree; 40% somewhat agree).

Women Are Managing Menopause, But Midlife Eye Health Is Overlooked

The survey, conducted in the United States, United Kingdom, Brazil, South Korea, Japan, and China, highlights an awareness gap. Three-quarters of women have taken steps to help navigate the changes that happen around perimenopause or menopause (75%), but only 18% have spoken to an eye care professional about changes to their vision or eye comfort and just 19% have booked or attended a routine eye exam as part of managing their health during this time.

Women Are Experiencing Vision Changes, but Few Are Seeking Professional Care

Vision-related symptoms are common among women during perimenopause and menopause, yet few are discussing these changes with an eye care professional. Two-thirds of women (66%) report experiencing dry, gritty, or irritated eyes, while 60% have experienced blurred or fluctuating vision, or changes to appearance of floaters. Despite the prevalence of these symptoms, only 18% have consulted an eye care professional about changes to their vision or eye comfort. Instead, some women are relying on everyday workarounds: Nearly one-third (31%) say they hold a book at arm's length to read, while 21% have used a phone flashlight to read a menu because of vision changes.

About the Study

Ipsos conducted the survey on behalf of Johnson & Johnson from July 31 to August 6, 2026, among 6,000 women aged 35–60 in the United States, United Kingdom, Brazil, South Korea, Japan, and China. Quotas and weighting were used to reflect each market's population. Results for the full sample are accurate within ±1.5 percentage points, and results for each country sample of 1,000 women are accurate within ±3.8 percentage points, 19 times out of 20.

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