



JANUARY, THE MONTH OF HEALTH AND EYE CARE

Maintaining ongoing eye care can help prevent vision deterioration. Let us dedicate the month of January, from the beginning of this year 2026, to maintaining the good health of our eyes.

General advice

- Eye care also starts with good nutrition. Eat a diet rich in fruits and vegetables; vitamins C and E have a special effect on maintaining eye health.
- Avoid smoking. Smoking increases the risk of developing eye diseases.
- Don't forget to rest. If you spend a lot of time in front of screens, look away often. If you've been away for more than 20 minutes, change your focus: stand back, walk and stretch while looking at another place other than the screen. Adjust the brightness and contrast of your devices to make them comfortable for your eyes.
- ¡Never miss your sunglasses! Protect your eyes from ultraviolet rays and make sure the glasses you wear block between 99% and 100% of UVA and UVB radiation.
- Avoid rubbing your eyes and make sure your hands are clean before touching your face or eyes. If you use false eyelashes or eyelash extensions, care must be even greater. Avoid prolonged use, as it may increase the risk of infections.
- Do not ignore eye health warning signs. Burning, dryness, itching or redness should not be normalized. Consult your optometrist or ophthalmologist to determine if you need eye drops or any special treatment. Visit your specialist at least once a year.
- By following these tips, you can prevent long-term vision problems. Eye health is part of your well-being.

Source: Medline Plus

*We begin a new year renewing our commitment
to your health and well-being.*