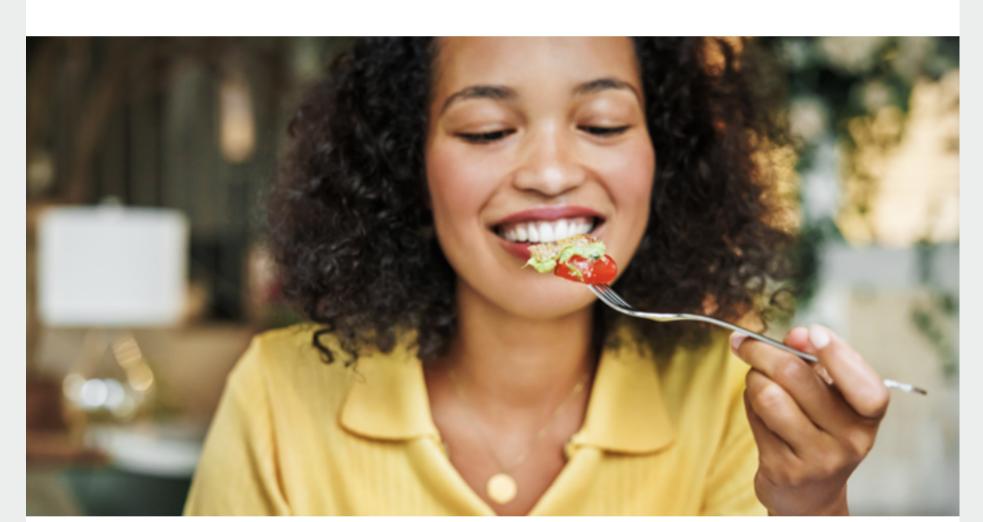
### **The UCD Wellness Connection**

March 2025



#### Supercharge your eyes and smile

Everyday groceries are packed with vitamins and minerals that can boost your oral and eye health.

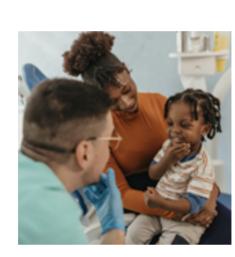
Discover the food options →



# Tips for easier brushing with Fuchs Dystrophy

Brushing your teeth can be difficult when you can't see well due to Fuchs Dystrophy or other vision loss conditions.

Find ways to make it easier →



## Your smile's hidden influence on total health

The health of your mouth can impact your entire body. Yet, many Americans struggle to get the oral care they need.

**Learn why** →



#### Celebrating our dental heroes

This March, let's celebrate the dedicated professionals who keep our smiles bright and healthy.

Show your appreciation →

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