

# 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 →](#)