

Sun protection & regular check-ups



Protect your eyes from harsh sunlight and get regular screenings to catch problems early.

Smart Tips:

- Wear sunglasses with UV protection and a wide-brimmed cap or traditional headgear like a dupatta or turban when outdoors.
- Use natural oils like coconut oil sparingly around the eyes at night to keep skin soft and prevent dryness.
- Schedule eye exams at least once a year; if you have diabetes or family history of eye disease, get checked more often; with OPTHALMOLOGIST.
- Seek medical advice promptly if you experience vision changes, eye pain, or persistent dryness.