



CONSORTIUM CONNECTION

* "HEALTHY ENVIRONMENT, HEALTH LIFESTYLES, HEALTHY COMMUNITY" * HEALTHYMIAMIDADE.ORG



JANUARY AT A GLANCE

- * GLAUCOMA AWARENESS MONTH
- * CERVICAL CANCER AWARENESS MONTH
- * HEALTHY GOALS FOR A NEW YEAR
- * HEALTHY NEW YEAR HABITS



Attention!

We are proud to support our community organizations, community partners, and residents working to improve health across Miami-Dade County.

Have a program, event, or resource you'd like to share with the community? Please send in your submissions no later than the 15th of each month to Candice.Schottenloher@flhealth.gov.

Stay connected and help spread awareness of local health initiatives. Visit: HealthyMiamiDade.org



JANUARY IS...

GLAUCOMA AWARENESS MONTH

Glaucoma is a group of eye diseases that damage the optic nerve and can lead to permanent vision loss or blindness if not detected early. This is often called the "silent thief of sight". Glaucoma usually has no early warning signs. Vision loss occurs gradually and is irreversible, making regular eye exams critical. To learn more and check out resources, please click [here](#).



WHO IS AT RISK?

Anyone can develop Glaucoma, but your risk is higher if you:

- Are 40 years or older
- Have a family history of glaucoma
- Are African American, Hispanic/Latino, or Asian
- Have diabetes, high blood pressure, or heart disease



WHAT HABITS CAN HELP?

Protecting your vision starts with simple, preventive actions which include:

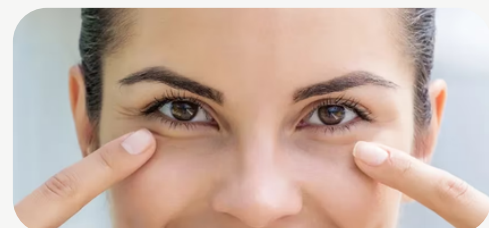
- **Getting regular eye exams:** Comprehensive dilated eye exams can detect glaucoma early.
- **Know your family history:** Share it with your eye care provider.
- **Take medications as prescribed:** Eye drops help control eye pressure.
- **Stay physically active:** Regular exercise supports eye health.
- **Protect your eyes:** Wear eye protection during sports and work activities.



CHECK YOUR EYE HEALTH

Ask your eye care provider about:

- Dilated eye exams
- Eye pressure (IOP) testing
- Optic nerve evaluation
- Visual field testing
- Treatment options if glaucoma is detected



Source: **National Eye Institute and Centers for Disease Control and Prevention**



Cervical Cancer Awareness Month

Every January, the nation recognizes Cervical Cancer Awareness Month, highlighting a disease that is largely preventable through regular screening, prevention methods, and early treatment. Cervical cancer develops in the cells of the cervix and is most often caused by long-term infection with certain types of human papillomavirus (HPV).

However, cervical cancer often develops without noticeable symptoms in its early stages. This makes routine screenings essential, even for individuals who feel healthy and have no warning signs.

Risk increases for individuals who:

- Do not receive regular Pap or HPV tests
- Have a history of HPV infection
- Smoke or use tobacco products
- Have a weakened immune system
- Experience gaps in routine healthcare access

Talk to Your Healthcare Provider About:

- **Pap tests:** Screening for abnormal cervical cells
- **HPV testing:** Identifying high-risk HPV types
- **Prevention Methods:** Recommended HPV vaccine for children, teens, and eligible adults
- **Follow-up care:** If test results are abnormal
- Preventive health schedules based on age and risk factor.

Source: **CDC Cervical Cancer Awareness**

CERVICAL CANCER

DO YOU KNOW THE LATEST SCREENING GUIDELINES?



21-29

Have a Pap test every 3 years.
HPV testing is not recommended.



30-65

Have a co-test (a Pap and an HPV test together) every 5 years or a Pap test alone every 3 years.

*You may need to screen more often if you have a history of abnormal test results.

Regular screenings help prevent cervical cancer.

Most cases occur in women who are

35-44

and in women who have never had a Pap test or haven't had a recent screening.

SHOULD ALL WOMEN FOLLOW THESE GUIDELINES?

Women who are at higher risk for cervical cancer may need to screen more frequently. Ask your health care provider about what's right for you.



66+

Discontinue screening if you have a history of normal test results and are not at higher risk for cervical cancer.



CONE HEALTH

REGULAR SCREENING SAVES LIVES. EARLY DETECTION CAN PREVENT CERVICAL CANCER BEFORE IT STARTS

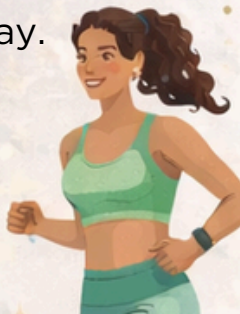




Setting Healthy Goals in the New Year

- ✓ **Make It Specific:** Set clear, measurable goals, like “I will walk 30 minutes after dinner 5 days a week” instead of “I will exercise more.”
- ✓ **Step by Step:** Start with small reachable steps. Begin with 5-10 minutes of activity and increase in increments of 5-10 minutes from your baseline.
- ✓ **Stay Accountable:** Write your goals down or use an app to track your progress. Celebrate small wins along the way.

Small steps.
Big benefits.



Happy New Year 2026!

HEALTHY HABITS FOR A BETTER 2026



Get Active Daily:

Aim for 30 minutes of physical activity a day, for 5 days a week.



Eat More Veggies & Fruits:

Fill half your plate with colorful veggies and fruits that are high in vitamins and fiber.



Get Good Sleep:

Aim for 7-9 hours of quality sleep a night.



Stay Hydrated:

Drink plenty of water and limit sugary drinks and soda beverages.

SOURCE: CDC ADULT ACTIVITY: AN OVERVIEW