



# BEAUTY OF SIGHT

A LIONS EYE BANK

JANUARY 2024 | VOL 1

CREATING A WORLD  
WITHOUT BLINDNESS

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## BEAUTY OF SIGHT ACHIEVEMENTS IN 2023

In 2023, Beauty of Sight remarkably sustained its commitment to enhancing the lives of individuals in South Florida and beyond. Beauty of Sight restored and improved vision by supplying eye tissue for 1,152 transplant surgeries and processed over 1,844 orders of Serum Tears and Plasma Rich Growth Factors, vital components in treating various eye conditions. Furthermore, Beauty of Sight significantly contributed to the advancement of ocular science by providing essential tissues for research and training. These efforts will continue in 2024 to fulfill our mission to bring the beauty of sight to countless individuals in our South Florida community and beyond.

We are very proud of all the services we provided in 2023 to our Florida and eye banking communities. We look forward to continuing and expanding our work in 2024!





## 2023 YEAR IN REVIEW



**949**

Eye Donors



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### TISSUE DISTRIBUTED



**1,044**

Corneas for  
transplant

**108**

Sclera for other  
surgery

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**525**

Tissues for  
research



**124**

Tissues for  
training



1,884

Serum Tear & PRGF  
Drops Processed

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## IMPROVING YOUR EYE HEALTH IN 2024

Long-term exposure to digital screens makes our eyes uncomfortable. It leads to symptoms like dryness, headache, blurred vision, difficulty focusing, tired eyes, and shoulder and neck pain.

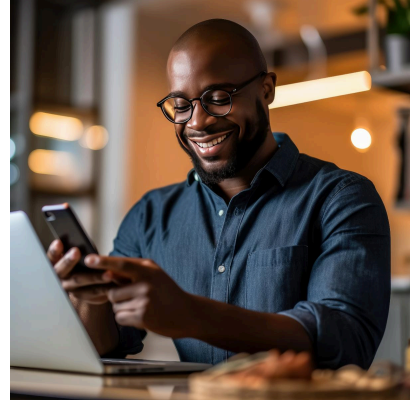
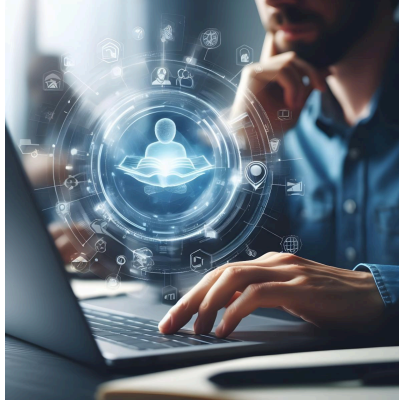
The contribution of screen time towards damaging our eyes is common knowledge. Beyond our experiences of eye troubles after the prolonged usage of digital screens, scientific research has provided numerous pieces of evidence that corroborate this. One study was published early last year in **Environmental Science and Pollution Research International**.

As per the study, two hours or more of smartphone usage is associated with more than 37% blurred vision, 15% double vision, 31.3% headaches, and a whopping 51% eye fatigue. The researchers found that as screen time goes up, so does the percentage of eye dysfunction.

So here are some safety tips that will help you while using digital screens:

- Keep your laptop and computer screens at least 14-25 inches from the screen.
- Keep your back and neck straight while using computers.
- Use Anti Glare Glasses when using computers.

- Don't sit directly in front of the air conditioner when using your laptop or phone. It will make your eyes dry.
- Follow the 20-20-20 rule: After every 20 minutes of screen time, take a break for 20 seconds, and then look at something 20 feet away.
- Keep your brightness at not more than 60-70%.
- Tweak your text size and contrast so you don't have to strain your eyes too much when using your phone.
- Use Bluetooth speakers when attending lectures so you don't sit too close to the screen to be able to listen.



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***Please donate today to support our programs, including our Gratis Corneal Tissue, Serum Tears Assistance, and Research programs!***

**DONATE NOW**



Beauty of Sight | 900 NW 17th Street | Miami, FL 33139 US

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