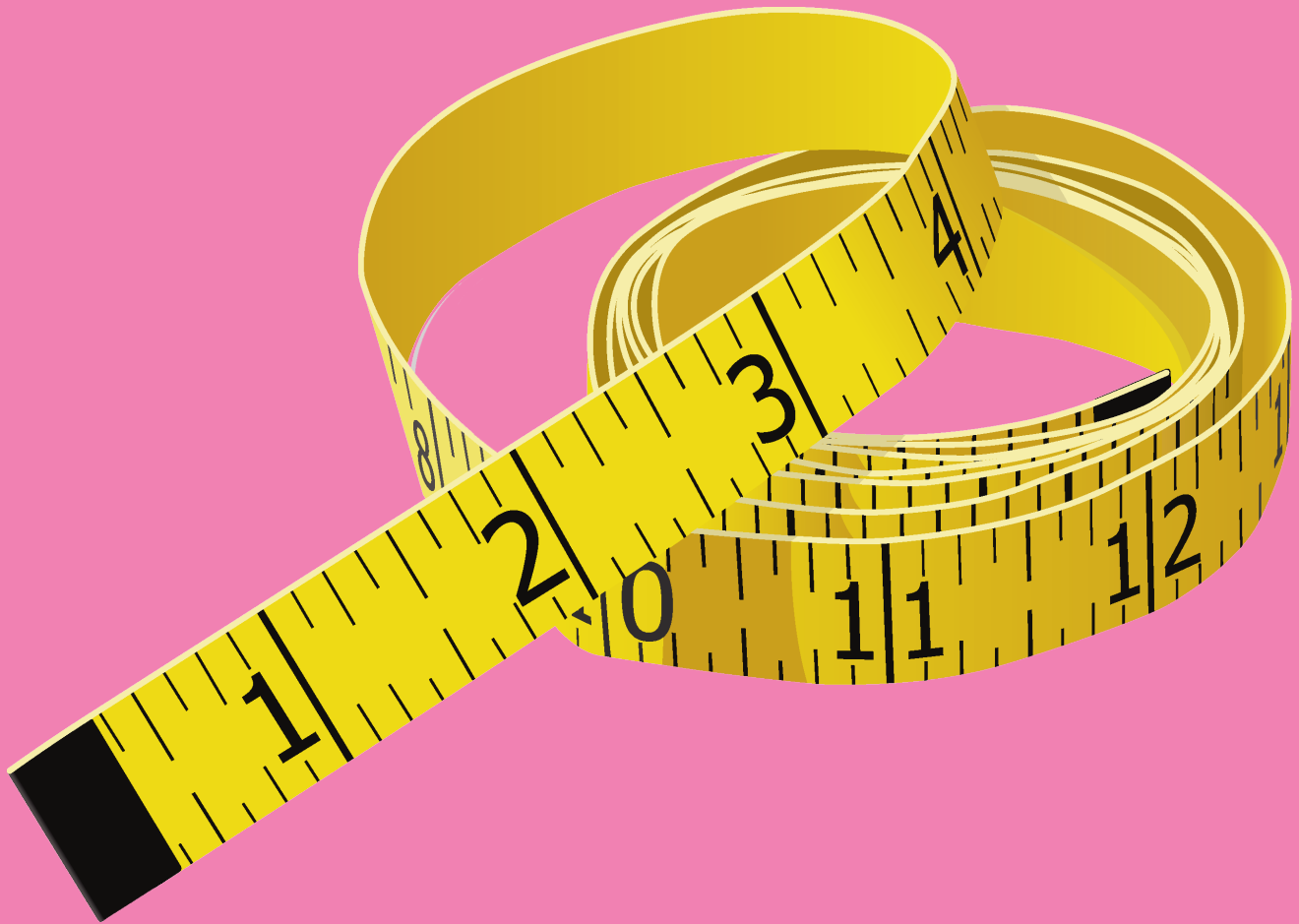


# WEIGHT WATCHER

**Did you know that being overweight can affect your eye health?**



For more information visit:  
[www.visionmatters.org.uk](http://www.visionmatters.org.uk)



**NATIONAL EYE  
HEALTH WEEK**  
MONDAY 23 – SUNDAY 29 SEPTEMBER 2019  
**YOUR VISION MATTERS**

A high Body Mass Index (BMI) is a risk factor for all four major causes of sight loss in the UK: macular degeneration, glaucoma, cataract and diabetic retinopathy.