



SMOKING CAUSES SIGHT LOSS

The link between smoking and sight loss is as strong as the link between smoking and lung cancer. **Here are 20 ways smoking can harm your vision and eye health.**

#SAYEYEQUIT

EYEHEALTHUK

- 1 Tobacco smoke causes biological changes in your eyes that can lead to vision loss
- 2 Cigarettes contain toxins that enter your eyes & increase your risk of sight loss by up to 4 times
- 3 Tobacco chemicals damage blood vessels inside your eyes
- 4 Tobacco chemicals interfere with the production of your tears
- 5 Smoking causes oxidative stress and damages your retina
- 6 Tobacco reduces the amount of oxygen reaching your macula
- 7 Smoking is a key risk factor for age-related macular degeneration (AMD), the UK's leading cause of blindness
- 8 Research published in @bmj suggests 1 in 5 cases of AMD are caused directly by tobacco consumption
- 9 On average smokers develop AMD 5 years earlier than non-smokers
- 10 Smoking is a major risk factor in the development of cataracts
- 11 The risk of nuclear cataracts is 3 times greater in smokers
- 12 Smoking is a significant risk factor for developing diabetic retinopathy
- 13 Smoking increases your risk of dry eye syndrome – the leading cause of eye irritation in over 65s
- 14 Smoking is associated with the onset of thyroid eye disease
- 15 Smokers have increased risk of colour vision deficiency
- 16 Nicotine poisoning can make it difficult to clearly distinguish colours with a red or green hue
- 17 Smokers are twice as likely to suffer Uveitis than non-smokers
- 18 Smoking increases the risk of contact lens wearers suffering corneal ulcers
- 19 Smoking in pregnancy increases the risk of your child having a squint
- 20 Smoking around loved ones increases their risk of suffering sight loss

Visit [nhs.uk/better-health](https://www.nhs.uk/better-health) for help to quit. Wednesday 9 March 2022 is **#NoSmokingDay**