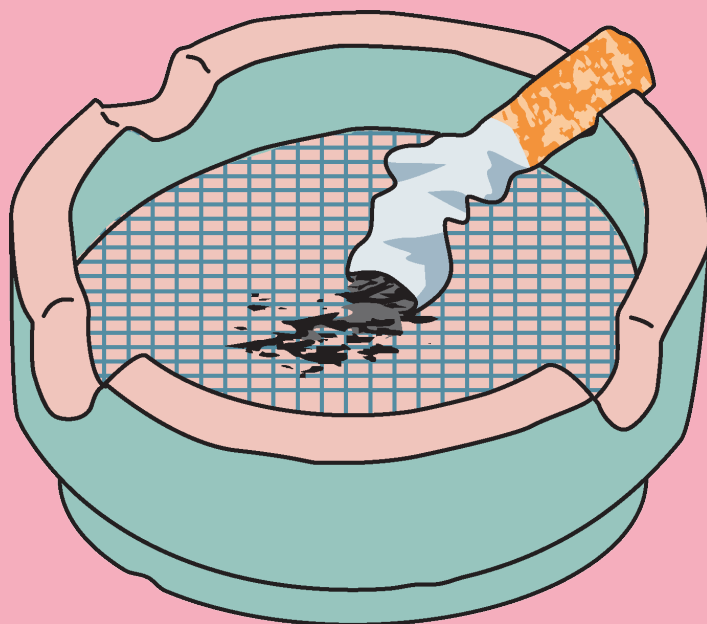


# SMOKING & SIGHT LOSS



The link between smoking and sight loss  
is as strong as the link between  
smoking and lung cancer

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



**NATIONAL EYE  
HEALTH WEEK**  
MONDAY 18 – SUNDAY 24 SEPTEMBER 2023  
**YOUR VISION MATTERS**

# SMOKING AND SIGHT LOSS

**Here are just some of the ways smoking impairs your vision.**

- Tobacco smoke causes biological changes in your eyes that can lead to vision loss
- Cigarettes contain toxins that enter your eyes & increase your risk of sight loss by up to four times
- Tobacco chemicals damage blood vessels inside your eyes
- Tobacco chemicals interfere with the production of your tears
- Smoking causes oxidative stress and damages your retina
- Tobacco reduces the amount of oxygen reaching your macula
- Smoking is a key risk factor for age-related macular degeneration (AMD) – the UK's leading cause of blindness. As many as 1 in 5 cases of AMD are directly caused by tobacco consumption
- Smoking is a major risk factor in the development of cataracts. The risk of nuclear

cataracts is 3 times greater in smokers

- Smoking is a significant risk factor for developing diabetic retinopathy
- Smoking increases your risk of dry eye syndrome
- Smoking is associated with the onset of thyroid eye disease
- Smokers have an increased risk of colour vision deficiency
- Smokers are twice as likely to suffer Uveitis
- Smoking increases the risk of contact lens wearers suffering corneal ulcers
- Smoking in pregnancy increases the risk of your child having a squint
- 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.