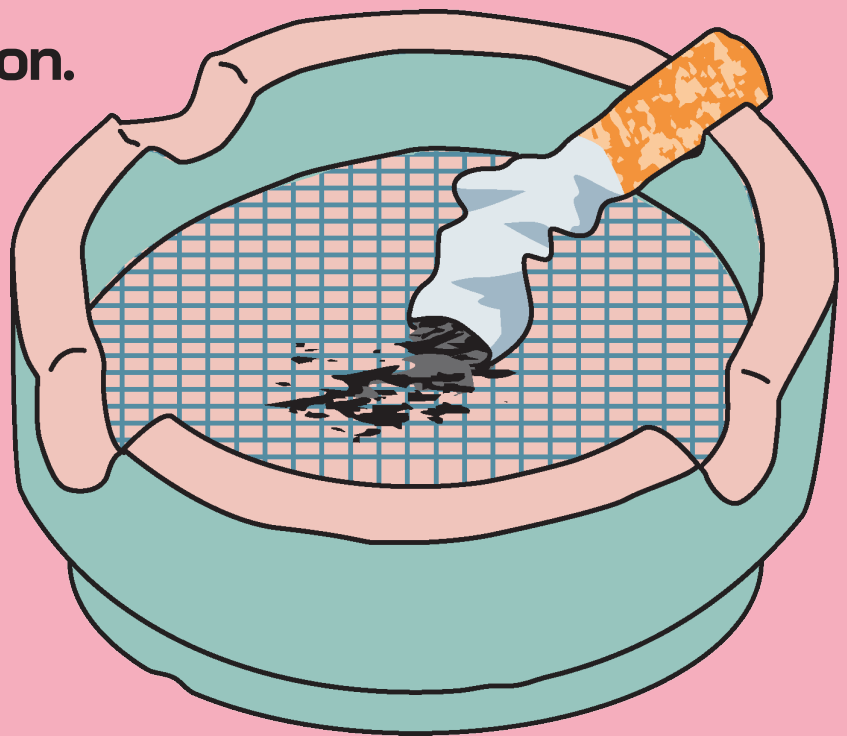


# SMOKING CAUSES SIGHT LOSS

**Toxic chemicals in tobacco smoke can damage the surface and internal structure of the eye significantly increasing your risk of conditions such as macular degeneration.**

For help to quit visit  
[nhs/betterhealth](https://www.nhs.uk/betterhealth)

For more on looking  
after your eyes visit  
[visionmatters.org.uk](https://www.visionmatters.org.uk)



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