

# WATCH YOUR WEIGHT

**Maintaining a healthy weight can help you keep your eyes and vision healthy.**

Being overweight is a risk factor for all four major causes of sight loss: macular degeneration, diabetic retinopathy, glaucoma and cataracts.

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

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

