

SMOKING CAUSES BLINDNESS



Smoking is directly linked to a host of
sight-threatening eye conditions.

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



**NATIONAL EYE
HEALTH WEEK**
MONDAY 23 – SUNDAY 29 SEPTEMBER 2024
VISION MATTERS

SMOKING & SIGHT LOSS

The link between smoking and sight loss is as strong as the link between smoking and lung cancer. Here are just some of the ways smoking can impair your vision...

- Tobacco smoke causes biological changes in your eyes that can cause vision loss
- Tobacco chemicals damage blood vessels inside your eyes and can 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 three 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.