

Smoking damages your eyesight

When you smoke, you are at increased risk of blindness

Smoking can:

- double your risk of cataracts

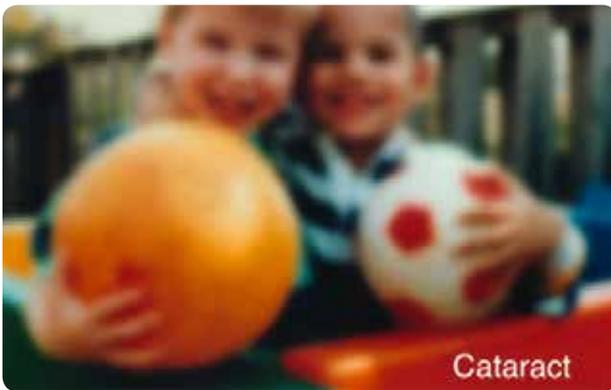
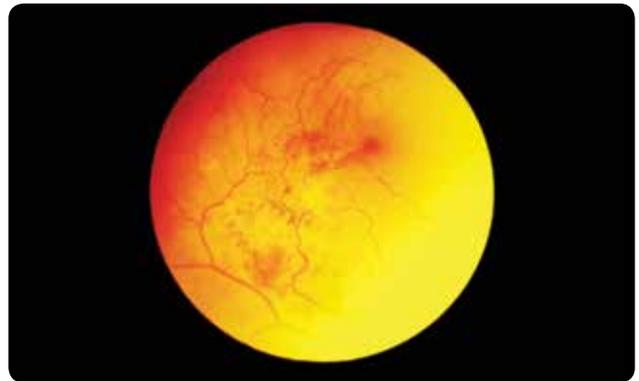


Photo: National Eye Institute, National Institutes of Health.

- damage vital blood vessels in your eyes



- make you 4 times more likely to develop macular degeneration



Stopping smoking at any age can reduce your risk. It's never too late to stop and there are over 600 free stop smoking services in Northern Ireland that can help. Look for the stop smoking services logo or for more information and to find your nearest service, visit www.stopsmokingni.info

