

PROTECT YOUR EYES

Regular daily life activities can sometimes be harmful to your eyes, so be aware and discuss eye protection with your doctor:

- Ask about ways to protect your eyes from ultraviolet (UV) light. When you go outside, always wear sunglasses and/or a wide-brimmed hat to reduce your UV exposure.
- If you are thinking of trying a new diet or changing vitamins, check with your doctor first.
- Do not take up smoking, and if you do smoke, try to stop. Tobacco chemicals damage the blood vessels behind your eyes and increase your risk of developing age-related macular degeneration. Tobacco is also associated with other eye diseases, including cataracts and diabetic retinopathy.
- Wear protective goggles when working with tools and machinery, as well as during recreational activities.

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This publication is a project of Associates for World Action in Rehabilitation & Education (AWARE), a nonprofit organization that provides information and education on vision loss.

This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

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keep you in the
dark.*

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