

# Keep Your Sight

## Get your eyes checked

Contact

Phone

Email

### Who can assist you?

- Aboriginal Community Controlled Health Service
- Aboriginal Health Worker
- Optometrist
- Diabetes worker
- Doctor

### You are eligible for:

- low-cost, subsidised glasses if needed
- a Medicare rebate for most optometry services.

### Just ask!

### For more information on how to stop smoking

Contact Aboriginal Quitline on 13 7848 or visit [www.quit.org.au](http://www.quit.org.au)



Artwork: Lyn Briggs 1998



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# Smokes & your eyes



Most people know that smoking is not good for their health, but many are surprised to learn that smokers are more at risk of losing their vision.

Smoking can lead to vision loss and blindness which can impact a person's quality of life by affecting driving, reading and recognising faces.

## How does smoking affect your eyes?

Cigarette smoke contains around 7,000 chemicals. When breathing in this smoke, these chemicals enter the blood stream and can damage blood vessels in your eyes.

**Passive smoking**  
Cigarette smoke causes itchy eyes for non smokers, leading to stinging, redness and watery eyes.

## By quitting smoking you can help prevent:

- **Cataract:** Cloudy vision
- **Diabetic retinopathy:** Blood vessels in the back of the eye become damaged which may lead to vision loss and blindness.
- **Contact lens problems:** smokers who wear contact lenses are more likely to develop infections and swelling in the eyes, compared to non-smokers.  
  
This can lead to scarring and increases the risk of vision loss over time.

If you can smell cigarette smoke it's doing you damage.

## What can you do?

- Try to quit smoking. It is one of the best things you can do to protect your eyes and improve your health.
- Get your eyes checked regularly. This helps detect eye problems early.



Smoking affects the whole family.