

Smoking and Vision



Every year, nearly one-half million adults will still die prematurely because of smoking.

The annual economic costs due to tobacco are now over \$289 billion.

Quitting smoking can have many good effects on your health. Avoiding smoking can also protect the health of your eyes. By quitting smoking, you can help to possibly reduce your risk of developing several different types of eye diseases.

Quitting smoking may reduce your risk of developing:

- Age-related Macular Degeneration
- Cataracts
- Glaucoma
- Diabetic retinopathy (if you are diabetic)

Consider these eye opening facts from the 2014 Surgeon General's Report:

Cataracts

- Smoking causes cataracts.

Age-related Macular Degeneration (AMD)

- Smoking is linked to AMD.
- Smoking is a risk factor for advanced AMD and progression of AMD.

Dry Eye

- Smokers are twice as likely to develop dry eye syndrome than non-smokers.

Diabetic Retinopathy

- Smoking can increase the risk of developing diabetes, make management more difficult and can lead to diabetes complications.
- Smoking may also increase diabetic retinopathy risk.

For more information from the 2014 US Surgeon General's Report, visit: <http://www.surgeongeneral.gov/initiatives/tobacco>.

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