

Thursday, 14 March 2019

[Health and Social Wellbeing Improvement](#)

**Smoking damages your eyesight**

When you smoke, you are at increased risk of blindness

**Smoking can:**

- double your risk of cataracts
- 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](http://www.stopsmokingni.info)

**Stop Smoking Service**  
Helping you to quit

HSC Health and Social Care Produced by the Public Health Agency  
[www.publichealth.hscni.net](http://www.publichealth.hscni.net) 03/19

These resources outline the link between smoking and sight loss, highlighting how smoking significantly increases the risk of conditions such as cataracts, macular degeneration and retinopathy. They also signpost smokers to the free stop smoking services that are available across Northern Ireland to help them quit.

## Details

Format

2 page A4 leaflet, A4 poster - PDF only

Target group

Smokers

## Downloads

<b>Attachment</b>	<b>Size</b>
<a href="#">Smoking and sight loss leaflet 03.19 FINAL.pdf</a>	929.04 KB
<a href="#">Smoking and sight loss poster 03.19 FINAL.pdf</a>	542.43 KB

## Tags

- [smoking](#)
- [sight](#)
- [smoking cessation](#)
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- [macular degeneration](#)
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