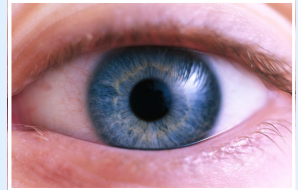


# Sheffield Stop Smoking Service

Smoking increases your risk of developing serious eye disease

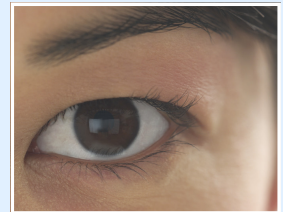
Tobacco smoke contains dangerous toxins. When you smoke, these chemicals enter your bloodstream and travel throughout your body.

**Macular degeneration** - this condition causes loss of vision. Studies show that smokers are three times more likely to develop visual loss due to this disease



**Cataract** - smoking is a major risk factor in developing cataract. Smokers are at least twice as likely to develop visual loss due to cataract

**Diabetic eye disease** - for people with diabetes, smoking increases the risk of developing diabetic eye disease (diabetic retinopathy) by four times. This disease can cause irreversible damage to the eye and loss of vision



## It's never too late to stop smoking

See [www.sheffieldstopsmoking.org.uk](http://www.sheffieldstopsmoking.org.uk) or call free on **0800 068 4490** for more information