

For Immediate Release  
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**PUBLIC SERVICE ANNOUNCEMENT**  
(SIXTY SECONDS)

**Women Protect Vision of Family Members**

As a woman, you are twice as likely as a man to become legally blind. You are also more likely to be responsible for the eye health of your children, your husband, and your elderly parents. Here are some tips for preserving the vision of your entire family.

Make sure you and your loved ones stop smoking (or better yet, never start), eat a variety of fruits and vegetables, maintain a healthy body weight, know the warning signs of eye disease, and have regular eye examinations.

A public service message from the Women's Eye Health Task Force of The Schepens Eye Research Institute in Boston, an affiliate of Harvard Medical School.