



**Helpful Websites**  
*click on name to visit site*

Vision & Eye Diseases  
**Women's Eye Health.org**  
**Schepens Eye Research Institute**  
**National Institutes of Health**  
**Lions Clubs International Foundation**

Help to Stop Smoking  
**National Institutes of Health**  
**Centers for Disease Control**

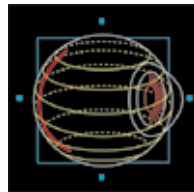
Weight Management  
**Centers for Disease Control**  
**National Institutes of Health**  
**Weight Control Information Network**

Healthful Diet  
**US Department of Agriculture**  
**MyPyramid.gov**  
**American Diabetic Association**

Regular Exercise  
**American Diabetic Association**  
**American Council on Exercise**



*based at*  
**Schepens Eye Research Institute**  
20 Staniford Street  
Boston, MA 02114  
[www.womenseyehealth.org](http://www.womenseyehealth.org)



**Schepens  
Eye Research  
Institute**



An Affiliate of  
Harvard Medical School



**The Lions Clubs  
International Foundation**



Harvard Medical School's  
Center for Excellence  
in Women's Health

**For eyes'sake!**  
**Eat right,**  
**Exercise,**  
**and**  
**Don't smoke!**

*A message from:*



# Did you know: The same risk factors that lead to premature death also cause eye disease?

Lifestyle factors are under **your** control. Take charge of your body for your eyes' sake!

**Smoking** is the major cause of preventable deaths in the U.S. As you know, it greatly increases your chance of getting **heart disease, stroke, and cancer.**

But did you also know that smoking is responsible for 30% of **age-related macular degeneration (AMD)**—a very common, blinding eye disease for which there is no cure? And smoking can also lead to **cataract!**

**Being overweight** is in second place, rapidly gaining on smoking's position as the major health hazard. You know that excess weight and obesity lead to **heart attacks and diabetes.** And you probably also know that diabetes causes death through **kidney failure and heart disease.** But did you know that diabetes often results in **diabetic retinopathy**—a complication that can have a disastrous effect on your eyes? And obesity can also cause **age-related macular degeneration (AMD) and cataract.**

## What can you do to protect your eyes and those of your children?

- Set an example for your kids by not smoking.
- Eat only enough to maintain a healthy weight.
- Eat a variety of foods. A healthy, balanced diet should be rich in whole grains, fruit, veggies, fish, and lean meat.
- Avoid fast goods and go easy on foods containing lots of salt, sugar, and saturated fat.
- Keep unhealthy snacks out of the house.
- Exercise! Physical activity has benefits beyond weight control and diabetes prevention.
- Exercise doesn't have to be strenuous; walking and vigorous housework count.
- See your doctor regularly and if you have diabetes, high blood pressure, or high cholesterol.
- Learn the warning signs of eye disease and be aware that several serious eye diseases have no early warning signs. Thus it is very important to have regular eye exams!

**For Eyes' Sake! Healthy habits are good for your eyes.**

