



Improving lives for people with sight loss



Looking after your eyes

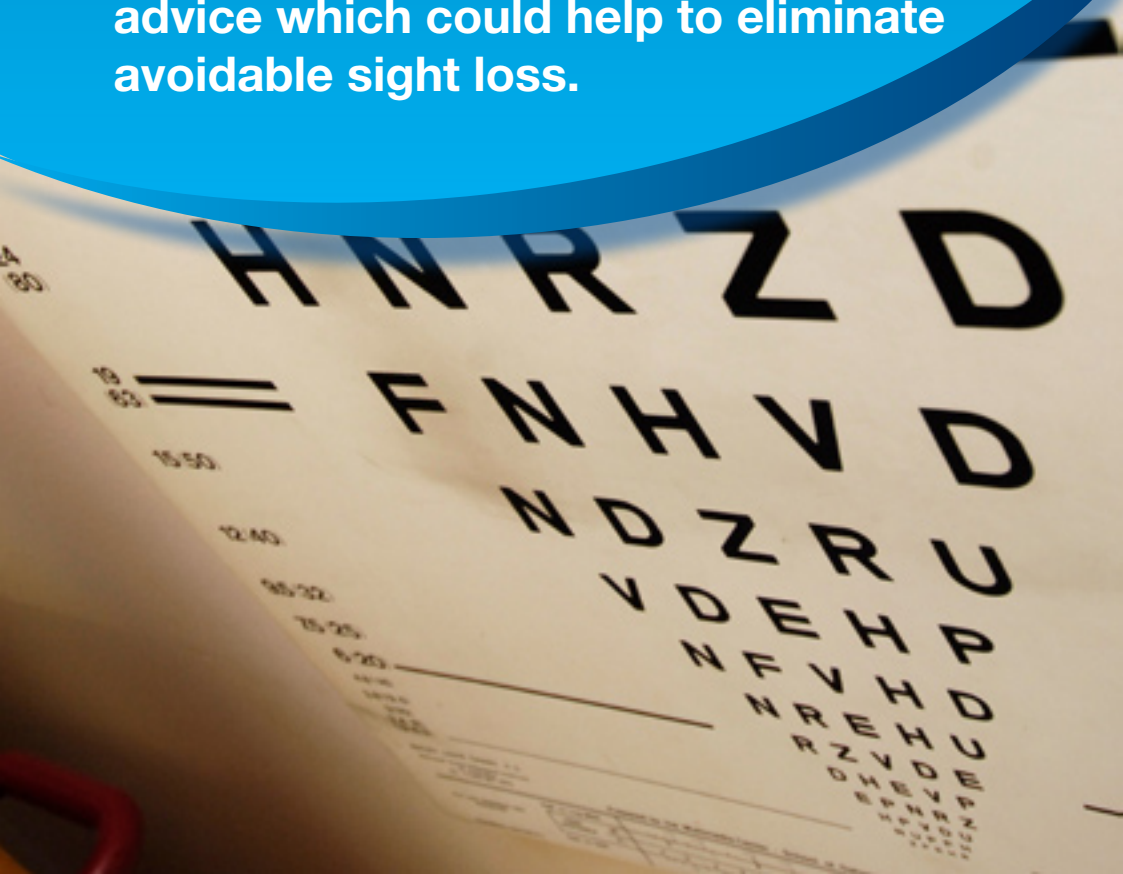
www.vistablind.org.uk

We care about your eyes...

Vista is dedicated to improving the lives of almost 6000 people with sight loss in Leicester, Leicestershire and Rutland. The Charity was founded in 1858 and now aims to support local blind or partially sighted people of all ages, challenge barriers to inclusion and work to prevent avoidable sight loss.

...you should too!

This leaflet offers simple but important advice which could help to eliminate avoidable sight loss.



Looking after your eyes

Regular eye examinations

By having regular eye examinations any signs of a problem with your sight can be detected and treated earlier, reducing the risk of irreversible sight loss.



By having regular eye tests you can often prevent deterioration in your sight, or any signs of a problem with your sight can be detected and treated earlier.

- It is recommended that you have your eyes tested at least once every two years or more often if advised by a health care professional.
- Contact lens wearers need contact lens checks as well as eye tests.
- **Eye tests for children under the age of sixteen are FREE.**

If you notice any sudden changes in your vision, seek medical advice immediately from Eye Casualty, your GP or local Opticians.



Nutrition, diet and exercise

Nutrition, diet and exercise all contribute to healthy eyesight. Foods high in vitamin A, C and E and Lutein, which includes Spinach, Broccoli, Courgettes, Garden Peas and Brussels sprouts, are hugely beneficial in preventing the deterioration of some eye conditions such as Macular Degeneration.

Obesity and other dietary problems, including Anorexia and Bulimia, can contribute to sight loss and it is estimated that people who are obese are twice as likely to experience a loss of vision.

An active and healthy lifestyle with regular exercise may help to prevent avoidable sight loss.



Your eyes in the Sun

It is important to protect your eyes when you are in the sun. Ultra violet (UV) rays from sunlight can damage the retina and the lens of the eye.

If you are unable to wear sunglasses try to wear a hat with a wider brim to protect your eyes.

Eye protection

Doing it yourself? Make sure you wear safety goggles, it is estimated that 250,000 eye injuries a year are caused through people not wearing eye protection when carrying out DIY.

Smoking and your eyes

Smokers are twice as likely to lose their sight, fact!

Just as smoking has been linked to lung cancer it may also lead to the onset of a number of eye conditions.

Smokers, in particular, are more at risk of developing Age-related Macular Degeneration (AMD), the leading cause of sight loss in the UK.



**If you do not smoke, don't start.
If you do, try to stop.**

If you want to stop smoking, help is available.

**NHS Free Smoking Helpline
STOP! Leicester Smoking**

**0800 022 4 332
0116 295 4141**

Or alternatively visit your GP or log on to

www.smokefree.nhs.uk

Want more information about Vista's
services? Call Vista's Helpline:
0116 249 8839

If you require the information contained
in this brochure in an alternative format
(e.g. large print, Braille or audio) or an
alternative language, please contact Vista on
0116 249 0909



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