Preventing Avoidable Sight Loss
Linked to Smoking, Alcohol and Obesity
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Objectives for today

* Importance of good vision to everyone.
* Common eye conditions and how they affect your vision.
* How vision is affected by smoking, alcohol and obesity
* Top tips to maintain healthily eyes
Britain’s Eye Health in Focus

- 84% value sight more than any other sense.
- 8% have not been for an eye test in last 10 years (approx 7 million people)
- 3% not ever had an eye test (approx 3 million)
- 78% people in high risk groups were not aware
- Lack of awareness 29% never heard of AMD
- 30% did not know glaucoma has hereditary link.
- Smoking doubles the risk of ARMD

* Source College of Optometrists Britain’s Eye health in focus
*How Important are Eyes?*

- 2 million in UK live with some degree of sight loss. 50% is preventable
- 1 in 9 people aged over 60 are currently living with sight loss
- Almost 14.1 million people in the UK are aged over 60 and at risk of sight loss
- Visual loss leads to loss of independence, falls, depression and increased suicide risk

Source: RNIB Sight Loss a Public Health Priority
What is macula degeneration?
What is macula degeneration?
Cataracts
Cataracts

Photos: National Eye Institute, National Institutes of Health

Cataract Simulation

Cataract
Glaucoma

Normal Eye

Eye with Glaucoma

Build Up of Aqueous Humor Fluid

Trabecular Meshwork

Damage to the optic nerve
Normal vision and same scene as viewed by a person with glaucoma.
Diabetic Retinopathy
Diabetic Retinopathy
Smoke gets in your eyes but what does it do?
Smoke gets in your eyes but what does it do?

- Macula degeneration
- Cataracts
- Diabetes
Smoke and Macula Degeneration Facts

* Increases risk by up to 3 times and it develops earlier
* Link as strong as lung cancer
* 3 fold increased risk of cataract
* Smoking makes diabetes sight related problems worse
* Good news former smokers have only a slightly increased risk of macula degeneration

Source College of Ophthalmologists, College of Optometrists and RNIB.
Obesity How does it affect vision?

we can't eat a whole pie, we just CAN'T!

WE CAN, AND WE WILL!

Find more funny images at LolzOnline.com
Obesity How does it affect vision?

- Diabetes
- ARMD
- Cataracts
- Vascular eye problems
* **Obesity How does it affect vision?**

The facts

* Increased risk of dry macular degeneration
* 1.5 times BMI over 25 double for BMI over 30
* Increase rate of progress of wet macula degeneration
* People with family history of macula degeneration risk increases from 4 times at normal weight to 11 times if obese.
* BMI over 30 is 10 times more likely to get diabetes
* Higher BMI and younger the obesity occurs the higher the risk
* Many people have developed diabetic retinopathy before the diabetes is diagnosed.
* The risk of diabetes is higher those of Asian and Afro Caribbean descent
People with BMI over 30 have double the risk of cataracts.

Link with glaucoma is unproven.

Risk factor for cardiovascular disease and hypertension leads to blocked blood vessels in the eyes.

Sources: College of Ophthalmology, College of Optometrists, RNIB data.
Alcohol and the eyes
* Link with eye disease is not fully proven
* Sensible alcohol consumption is best way to maintain good health link to healthy eye sight.
* Long term heavy alcohol plus smoking and poor diet can lead to gradual visual loss in both eyes due to damage to the eye nerve.
Top Tips for Eye Health
*Top Tips for Eye Health*

1. Be aware of your vision and any changes that appear. Look after your eyes you only have one set. Don’t ignore changes get them checked by your optometrist, eye specialist or GP
2. Get regular eye tests. Don’t wait for a vision problem before you go. Sight lost sometimes can never be recovered. Every 2 years is recommended. These free on NHS for over 60s
* Help with cost of glasses

* Some people get help with cost of glasses
* High prescriptions
* Income support
* Income based job seekers allowance
* Employment support allowance
* Working family tax credit (if you have exempt card)
* Pension credit guaranteed
* If you have an HC2 or HC3 exemption from
3. Keep your glasses clean and in a good state of repair to ensure they fit properly and you achieve maximum vision from your eyes. Poorly fitting or broken glasses can cause trips and falls.
4. Always ensure you have good lighting for reading.
5. Try to obtain good quality print to read
6. Remember to take breaks if you work on a computer screen for long periods during the day.
7. Stop smoking.
8. Protect your eyes from the sun. Long term exposure to UV increases the risk of cataract and macula degeneration. Choose good quality sunglasses ensuring they have the CE mark or BS EN 1836:2005 mark which means they offer a safe level of protection.
9. Protect your eyes from hazards. These maybe at work, DIY or during sports. Even garden twigs can damage an eye. Try to wear the appropriate eye protection.
Top Tips for Eye Health
*Top Tips for Eye Health*
10. Eating well with a good diet rich in fruit and vegetables will help to keep the eyes healthy. Drinking plenty of water to keep hydrated will help to prevent sore dry eyes.
*Eye Drops in Medicine
Use Reviews

1. Can you read the labelling for dosage etc. Large print maybe required.
2. Can you instil the drops? Would you like a demonstration to help you or do you need a device to help. One of the commonest causes of poor compliance is when the carer who has administered drops dies.
3. Do you understand what the eye drops are for? If they have several drops can they identify which is which.
Further Resources

* [http://www.lookafteryoureyes.org](http://www.lookafteryoureyes.org)
* [http://www.visionmatters.org.uk/](http://www.visionmatters.org.uk/)
* [http://www.rnib.org.uk/eye-health](http://www.rnib.org.uk/eye-health)