

# Keep an eye on your sight

## Your eyesight is precious.

Here are five easy tips to prevent problems with your sight.

### 1. Get an eye test

Even though you might not need glasses an eye test is a crucial health check for your eyes. The early symptoms of sight loss often go unnoticed and are usually not painful so you may not realise you have a problem. Early detection is vital in the fight against sight loss – so visit your local optician to get an eye test.

### 2. Don't smoke

Smokers are more than twice as likely to experience sight loss in later life as non-smokers.

### 3. Eat healthy

Eating fresh fruits and dark green, leafy vegetables may delay or reduce the severity of eye conditions like age-related macular degeneration.

### 4. Keep fit

Take regular exercise and monitor your blood pressure and cholesterol levels.

### 5. Wear 100 percent UV sunglasses

UV radiation and sunlight can damage your eyesight all year round.



**NCBI**

**Working for People  
with Sight Loss**

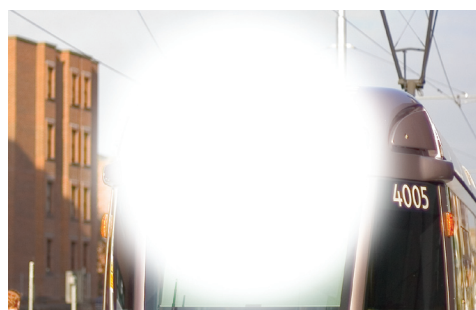
## Effects of some eye conditions



20/20 vision



Cataract



Macular degeneration



Glaucoma



Diabetic retinopathy

## You are more at risk of these eye conditions if:

- You have a family history of short sightedness or any of the eye conditions overleaf
- You have diabetes
- You have suffered an eye injury
- You have had eye surgery
- You are of African or Asian origin

## NCBI can help if you are experiencing difficulties with your sight.

NCBI (National Council for the Blind of Ireland) is a not for profit charitable organisation which offers support and services nationwide to those experiencing difficulties with their eyesight. NCBI provides a range of services to people who experience sight problems.

- Our Community Resource Workers provide emotional and practical support to meet the individual needs of people of all ages who are living with sight loss.
- We can also assist people with sight loss to lead independent lives by enabling them to carry out everyday tasks and move around safely and independently.

- NCBI's Low Vision Service offers assessments to people who are experiencing significant eyesight problems, for magnification aids which may open up new opportunities for reading, writing and other daily activities.
- NCBI's Library and Media Centre provides a national Braille, large-print and talking book service.
- Our Assistive Technology Service offers advice on a range of magnification and speech software to make information accessible.
- Our Employment Advice Service assists with workplace issues, from procedures for job applications to career advancement as well as advice on workplace adaptations.
- Our professional and peer counsellors are available to talk to you about your experiences of losing your sight.

### Further information

Further information is available from our website [www.ncbi.ie](http://www.ncbi.ie) or by contacting us at:

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