

# Keep an eye on your sight



# NCBI

## Working for People with Sight Loss

# **Your eyesight is precious**

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

## **1. Regular eye exams**

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 have your eyes checked with your local optometrist every two years.

## 2. Stop smoking

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

## 3. Eat healthy and keep fit

Eating fresh fruits and dark green, leafy vegetables may delay or reduce the severity of eye conditions like age-related macular degeneration. Take regular exercise and monitor your blood pressure and cholesterol levels. If you have diabetes, make sure your condition is managed and have an eye test every year.

## 4. Protect your eyes in the sun

UV radiation and sunlight can damage your eyesight all year round. Wear sunglasses that have a CE mark, an EU quality mark.

## 5. Safety

Wear eye and face protection when playing sports or when doing DIY or garden work. Wear your seatbelt to reduce the risk to your eyes in the event of an accident. An impact to the head or eye can cause a serious eyesight problem.

# 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 an existing eye condition
- 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 sight loss

NCBI is the national sight loss agency and is a not for profit charitable organisation. We provide information, advice, support, rehabilitation services and other training designed to assist people who are living with sight loss to do so independently.

- NCBI's low vision service offers assessments to those who are experiencing significant eyesight problems, for magnification aids which may open new opportunities for reading, writing and other daily activities that many take for granted.
- Our library and media centre provides a national Braille, large print and talking book service.
- NCBI's assistive technology service offers advice on a range of magnification and speech software to make information accessible.
- Our employment advisor assists with workplace issues, from procedures for job applications to career advancement as well as advice on workplace adaptations.
- Our counsellors are available to talk to you about your experiences of losing your sight.
- NCBI's goal is to create a barrier-free environment by providing expertise, education and assistance to public and private bodies in making buildings, services, technologies and information accessible to people who are blind or vision impaired.

## Further information

Lo Call 1850 33 43 53

NCBI

Whitworth Road,

Drumcondra

Dublin 9

Email: [info@ncbi.ie](mailto:info@ncbi.ie)

Website: [www.ncbi.ie](http://www.ncbi.ie)



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