PUBLIC SERVICE ANNOUNCEMENTS
(SIXTY SECONDS)

Women Protect Your Vision

If you are a woman, you are twice as likely to lose your vision than the men you know. Although all the causes and cures are not known, following these simple guidelines may help protect you from blinding eye disease.

One: be sure to get regular age-appropriate eye examinations. Two: stop smoking—or better yet, never start! Three: learn your risk factors. Four: eat a variety of fruits and vegetables and maintain a healthy body weight. Five: learn the warning signs of eye disease and seek immediate medical care if they appear.

A public service message from the Women’s Eye Health Task Force of The Schepens Eye Research Institute in Boston, an affiliate of Harvard Medical School.