Information on How to Stop Smoking

1-800-TRY-TO-STOP
(1-800-879-86-7867)
Español: 1-800-8-DÉJALO
Spanish: 1-800-833-5256

Quit Tips Help Line
Available 24 hours a day. Give it a try.
1-800-9-GET-A-TIP
1-800-9-438-2-847

If you have a TTY Line (teletypewriter)
1-800-833-1477

Natl. Cancer Institute’s Smoking Quit Line
1-877-448-7848

Is your eyesight going up in smoke?
Smoking and Vision
Smoking puts you at higher risk for Age-related Macular Degeneration (AMD) and Cataract - both serious eye problems.

You already know that smoking greatly increases your risk for lung cancer, heart disease and stroke.

Smoking also puts you in jeopardy of losing your eyesight.
If you don’t smoke - excellent - don’t start!
If you do smoke - keep trying to quit!

Please visit our website at:
www.womenseyehealth.org
www.schepens.harvard.edu

Other websites that might help:
www.lehp.org
The Lions Eye Health Program
www.quitworks.org
www.trytostop.org
www.smokefree.gov/quit-smoking
www.cdc.gov/tobacco/quit_smoking

or search the web for these terms:
smoking and macular degeneration

Smoking and AMD
What is AMD?
Age-related macular degeneration (AMD) is a problem with the central part of the retina, called the macula. It gradually destroys central vision, and a person with AMD has increasing difficulty in reading, driving, watching television or even recognizing friends.

Smoking and Cataract
What is Cataract?
Cataract is the clouding of the lens. The lens is inside the eye behind the pupil and is normally clear. Once the lens has a cataract, light can no longer pass through easily, vision becomes hazy and blurred and colors may appear faded.