WOMEN'S EYE HEALTH
MAKE IT A PRIORITY

DID YOU KNOW?

2/3 of people living with blindness or visual impairment are **women**.[1]

2.7 Million:
# of women age 40 and older who are visually impaired.[2]

Women & Eye Diseases
Women have greater instances of eye diseases, such as **age-related macular degeneration, glaucoma, and cataract**.[3]

WOMEN ARE AT GREATER RISK BECAUSE THEY:

- **Live longer**.[4]
- Are at a greater risk for **autoimmune diseases**.[5]
- Are more likely to undergo certain **cancer treatments** that may affect vision.[6]
- Experience normal **age-related hormonal changes** that may affect their eyes.[7]

5 STEPS TO KEEP YOUR EYES HEALTHY

Get a comprehensive **dilated eye exam.**

Use **protective eyewear** during sports and other recreational activities.

Know your **family's eye health history.**

Wear **sunglasses** that block out 99-100% of UVA/UVB rays.

Live a **healthy lifestyle:**

- Maintain a healthy weight
- Eat healthy foods
- Don't smoke
- Manage chronic health conditions

1 https://nei.nih.gov/content/womens-eye-health
2 http://www.preventblindness.org/women-higher-risk-men-most-eye-diseases
3 https://nei.nih.gov/eyedata/adultvision_usa
4 http://www.tandfonline.com/doi/abs/10.1076/opep.8.1.39.1540
5 http://www.tearfilm.org/dewsreport/pdfs/TOS-0502-DEWS-noAds.pdf
6 http://www.friendsforsight.org/resources/eye-health-awareness/item/63-women-s-eye-health-and-safety-month-april
7 https://nei.nih.gov/health/dryeye/dryeye

For more information, visit **www.nei.nih.gov/hvm**

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HEALTHY VISION MONTH

NIH National Eye Institute