

Reasons to... **STOP SMOKING**

No. 78

It could
save your sight



**How many
reasons do
you need?**

Smoking doubles the risk of developing age related macular degeneration, the UK's leading cause of sight loss, and cataracts.

kab.org.uk/love-your-eyes

#LoveYourEyes

love your  eyes



**Kent
Association
for the
Blind**

Registered charity number: 1062354