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Smoking can damage the eyes – 4th July, 2019

Level 0

Smokers can damage their eyes. Smokers are more likely to do this than non-smokers. Not many people know smoking damages the eyes. There is a campaign to tell people that smoking damages the eyes. It is called "Stub it out". This means, "stop smoking". Only 20% of people think smoking damages the eyes.

Cigarette smoke gets in the eyes. Poison and metals in the smoke damage the eyes. Smoke can cause cataracts. This is a problem where eyesight is cloudy. It needs an operation to remove the cataracts. Smoke is bad for people with diabetes and can damage eye muscles. A health group asked smokers to quit.

Level 1

Scientists say smokers are in danger of eye damage. Smokers are two times more likely to get eye damage than non-smokers. Not many people know smoking damages the eyes. An eye group called AOP started a campaign to tell people that smoking damages the eyes. Its campaign is called "Stub it out". The word "stub" means put out a cigarette; "stub it out" is saying, "stop smoking". The AOP said only one in five people thinks smoking damages the eyes.

The AOP explained that cigarette smoke gets in the eyes and causes problems. Smoke has poison that can damage the eyes. It also has small pieces of metal like lead, which gets into the eyes and causes cataracts. This is a problem of cloudy eyes. An operation removes cataracts. Smoke can also worsen problems for people with diabetes. The AOP said smokers are also three times more likely to damage eye muscles. The AOP has asked smokers to quit.

Level 2

Scientists are warning that smokers are in danger of damaging their eyes. Smokers are two times more likely to lose their vision than non-smokers. Smoking damages the lungs and heart. Not many people know it also damages the eyes. The Association of Optometrists (AOP) started a campaign to tell people about the danger of smoking to the eyes. The campaign is called "Stub it out". The word "stub" means put out a cigarette by pushing the end against something; "stub it out" is saying, "stop smoking". The AOP said only one in five people thinks smoking damages the eyes.

The AOP explained why smoking harms the eyes. Cigarette smoke gets in the eyes and causes different problems. The smoke contains poisons that can damage the eyes. It also contains small pieces of metal like lead. This can get into the eyes and lead to cataracts - a problem that causes the eyes to become cloudy. People with cataracts need an operation to restore their sight. Smoke can also worsen sight problems for people with diabetes. The AOP said smokers are also three times more likely to damage eye muscles. The AOP has said smokers should quit.

Level 3

Scientists are warning that people who smoke are in danger of damaging their eyes. The scientists say smokers are two times more to lose their vision than non-smokers. Everyone knows that smoking can damage the lungs and heart, but not many people know it could damage the eyesight. The scientists are from the Association of Optometrists (AOP) in the United Kingdom. The AOP has started a campaign to raise awareness of the danger of smoking to the eyes. The campaign is called "Stub it out". The word "stub" means put out a cigarette by pushing the end against something hard; "stub it out" is saying, "stop smoking". The AOP said only one in five people thinks smoking can damage the eyes.

The AOP explained why smoking is so harmful to the eyes. Cigarette smoke gets in the eyes and causes or worsens a number of different eye problems. Cigarette smoke contains toxic chemicals that can irritate and damage the eyes. Smoke contains tiny pieces of metals like lead and copper. These can get into the eyes and lead to cataracts - a condition that causes the eye lens to become cloudy. People with cataracts usually need an operation to restore their sight. Smoke can also increase the chance of worsening sight problems for people with diabetes. The AOP said smokers are also three times more likely to damage the eyes' muscles. The AOP has encouraged smokers to quit.

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