

VISION HEALTH 101

Preventing vision loss

Whether you have full vision or are managing with progressive vision loss, it is important to practice good healthy habits. Here are some things you can do to prevent or slow the progression of some eye conditions:

GET REGULAR EYE EXAMS

Catch treatable diseases early

PROTECT FROM UV RAYS

Sunglasses help preserve your vision

EXERCISE TO MANAGE BLOOD PRESSURE

Lower BP may prevent retinopathy and glaucoma

EAT A VARIETY OF FRUITS AND VEGETABLES

vitamins A, B, C, D and E protect against eye disease

EVERY 20 MINUTES, LOOK 20 FEET AHEAD FOR 20 SECONDS

Prevent eye fatigue and strain

STOP SMOKING

Smoking contributes to some eye conditions

VISION CARE PATHWAYS

Vision loss can be confusing. You may not know where to get all the information you need about your disease and treatment. That's why we've created Vision Care Pathways.

For each eye disease, we provide the most up-to-date, relevant information on:

- Symptoms and diagnosis
- Existing treatments and standard of care
- Clinical trials
- Research and health policy
- Educational resources

[Read more at: fightingblindness.ca/vcp1](https://fightingblindness.ca/vcp1)

We have a health information hotline!

We can assist you with any of the following topics:

- Information about your eye disease
- Current research and clinical trials
- Share your story with us
- Patient registry and genetic testing

PHONE: 1.888.626.2995

EMAIL: healthinfo@fightingblindness.ca

BE YOUR OWN ADVOCATE

Questions to ask your eye doctor:

- What is the full name of my eye condition?
- How often should I get my vision checked?
- What are my treatment options?
- Are there any side effects to this treatment?
- Is there anything I can do to stop my vision from getting worse?
- What new symptoms should I watch out for?

TAKE NOTES: you may not remember everything your doctor says. Bring paper and a pen, or someone who can write notes for you.

See your DOCTOR if you experience:

Loss of vision or decreased vision in one or both eyes

Change in vision, like spots, flashes of light, blurred or double vision

Change in ability to see colour

DID YOU KNOW?

1.5 million Canadians are blind or partially sighted.

Vision loss has the highest direct health care costs of any disease category in Canada. By 2032, vision loss is projected to cost Canadians \$30.3 billion.

FBC is Canada's largest private charitable funder of vision research. We support the most promising research driving treatments and cures for blinding eye diseases.

MEET THE RESEARCHERS

VISION QUEST, our premier educational speakers' series, brings our community together with scientists, industry leaders, genetic counselors, patient advocates and low vision specialists.

Join us at events across the country all year round!

For more details, visit:
fightingblindness.ca/vq1



**FIGHTING
BLINDNESS
CANADA**

The time is now
to change the direction of
vision loss in Canada

**TOGETHER,
let's move
research forward.**

Learn more about FBC
at one of its signature events:

**CYCLE
FOR SIGHT**

**COMIC
VISION**

**LAST
CALL**

**RIDE
FOR SIGHT**

**FAST FACTS
ABOUT
VISION
LOSS**

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