



## FIGHTING BLINDNESS CANADA

## FAST FACTS ABOUT VISION LOSS

### DID YOU KNOW?

- 1.2 million Canadians live with vision loss.
- 8 million Canadians live with an eye condition that puts them at risk of losing their sight - this is 1 out of 5 Canadians.
- Every year the cost of vision loss in Canada is \$32.9 billion.
- FBC is Canada's largest charitable funder of vision research. We support the most promising research driving treatments and cures for blinding eye diseases.

### EDUCATION EVENTS

- VIEW POINT** is an education series that brings you the latest information about vision health and research.
- View Point runs throughout the year, join us to learn from leading experts in the field.

For event details, visit:  
[fightingblindness.ca/events](http://fightingblindness.ca/events)

To learn about eye health, visit:  
[fightingblindness.ca/eyehealth](http://fightingblindness.ca/eyehealth)

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 the following signature events:

**CYCLE  
FOR SIGHT**

**COMIC  
VISION**

**LAST  
CALL**

**EYE ON  
THE CURE**

890 Yonge St. 12<sup>th</sup> Floor, Toronto, ON, M4W 3P4  
416.360.4200 • 1.800.461.3331

[fightingblindness.ca](http://fightingblindness.ca)



Charitable Registration  
No. 119129369RR0001

## PROTECT YOUR VISION

Whether you have full vision or are managing progressive vision loss, it is important to practice 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 can 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

## EYE HEALTH RESOURCES

Vision loss can be confusing. You may not know where to get all the information you need about your disease and treatment. FBC's Eye Health Resources will provide you with valuable eye disease information.

### EYE HEALTH RESOURCES INCLUDE INFORMATION ON:

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

Visit: [fightingblindness.ca/eyehealth](https://fightingblindness.ca/eyehealth)

## FBC has a Health Information Line!

The Line can assist you with any of the following topics:

- Information about your eye disease
- Current research and clinical trials
- Enrolling in FBC's IRD Patient Registry
- Information on genetic testing

**PHONE:** 1.888.626.2995

**EMAIL:** [healthinfo@fightingblindness.ca](mailto: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. Take notes, or bring a support person with you to help take 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