

## 吸烟与视力丧失

大多数人都知道吸烟有害健康，但在发现吸烟导致视力丧失的风险更大时，很多人却会很吃惊。

吸烟会导致视力丧失和失明，从而严重影响生活质量、驾驶、阅读以及识别人脸。

### 吸烟如何会影响眼睛？

香烟产生的烟雾含有大约七千种化学物质。当您吸进烟雾时，这些化学物质便会进入血液，损伤体内的血管，其中也包括眼内的血管。

对眼睛造成的损伤通常是永久性的。戒烟是保护您视力最简单的方法之一。

### 因吸烟导致或造成恶化的眼睛问题有哪些？

- **老年性黄斑病变(AMD):** 对眼底黄斑造成损伤，从而导致中心视力丧失。对此问题没有治愈方法，但有些治疗能延缓某些类型AMD的发展。戒烟是降低风险的主要方法。吸烟者与不吸烟者相比，他们患有AMD的风险要高出3倍。而且相比不吸烟者，他们还更有可能因此疾病更早地丧失视力。
- **白内障:** 眼睛内晶状体发生浑浊从而导致视力模糊。这通常随着年龄增长而出现，可以通过手术置换受损晶状体来治疗。每天吸20支或以上香烟的人与从不吸烟的人相比，患有白内障的机率要多出2倍。

## Smoking and vision loss

Most people know that smoking is not good for their health, but many are surprised to learn that smokers are more at risk of losing their vision.

Smoking can lead to vision loss and blindness which can severely impact a person's quality of life, affecting driving, reading and recognising faces.

### How does smoking affect the eyes?

Cigarette smoke contains around 7,000 chemicals. When you breathe in, these chemicals enter the blood stream and damage blood vessels throughout the body, including your eyes.

Damage to the eye is often permanent. Stopping smoking is one of the easiest things you can do to protect your vision.

### What are the eye problems that smoking can worsen or cause?

- **Age-related macular degeneration (AMD):** damage to the macula at the back of the eye, leads to the loss of detailed central vision. It has no cure, but some treatments can slow down the progression of some types of AMD. Stopping smoking is the main way to reduce your risk. Smokers are up to three times as likely to develop AMD compared to those who don't. They are also more likely to lose vision from the condition earlier than non-smokers.
- **Cataracts:** the lens in the eye becomes cloudy leading to blurred vision. They often develop with age and are treated with surgery to replace the damaged lens. Smokers who smoke 20 or more cigarettes per day are twice as likely to develop cataracts compared with people who have never smoked.

- **糖尿病视网膜病变(DR):** 对眼底（视网膜）血管造成损伤，可能会导致视力丧失和失明。所有糖尿病患者都有患DR的风险。对糖尿病，血压和血脂良好的控制可以降低患DR的风险。在视力受损前，定期眼科检查对发现和治疗DR起到很重要的作用。吸烟对于患有一型糖尿病的人来说可能会加重DR。吸烟也是患有二型糖尿病的风险因素之一。
- **隐形眼镜:** 与不吸烟者相比，戴隐形眼镜的吸烟者眼睛更有可能受到感染和出现红肿。随着时间的推移，这会导致结痂，以及有可能丧失视力。

二手烟会刺激不吸烟者的眼睛，从而导致剧痛，灼热或刺痛，泪眼和发红。

## 您可以做什么？

- 戒烟，或者不要开始吸烟。因为有些吸烟造成的影响是不可逆的，所以也会最终导致永久性损伤。越早戒烟对您的眼睛和健康就越好。
- 在眼科健康专业人员处（验光师或眼科医生）定期接受眼科检查。这能帮助及早地发现眼部问题，从而防止视力丧失。

## 获得更多信息

与眼科健康专业人员或您的家庭医生谈一谈。

请访问网站 [www.visioninitiative.org.au](http://www.visioninitiative.org.au)

若想获得关于戒烟的更多信息，请与您的家庭医生谈一谈，拨打戒烟热线：13 78 48，或者登陆网站查询：[www.quit.org.au](http://www.quit.org.au)

**请勿拖延，拯救您的视力- 接受眼科检查并且戒烟。**

- **Diabetic retinopathy (DR):** damage to the blood vessels at the back of the eye (retina) that may lead to vision loss and blindness. All people with diabetes are at risk of DR. Good management of diabetes, blood pressure and cholesterol can reduce the risk of DR. Regular eye tests are important to detect and treat DR before vision is affected. Smoking may worsen DR in people with type 1 diabetes. Smoking is also a risk factor for developing type 2 diabetes.
- **Contact lenses:** smokers who wear contact lenses are more likely to develop infections and swelling in the eye, compared to non-smokers. This can lead to scarring and possible vision loss over time.

Secondhand smoke can irritate the eyes of non-smokers leading to stinging, burning or prickling sensations, watery eyes and redness.

## What can you do?

- Stop smoking, or better still do not start. While some of the effects of smoking are reversible, it can also cause permanent damage. The earlier you quit, the better for your eyes and your health.
- Have regular eye tests with an eye health professional (optometrist or ophthalmologist). This can help detect eye problems early to prevent vision loss.

## For more information

Speak to an eye health professional or your GP.

Visit [www.visioninitiative.org.au](http://www.visioninitiative.org.au)

For information on how to stop smoking speak to your GP, contact the Quitline: 13 78 48 or visit: [www.quit.org.au](http://www.quit.org.au)

**Don't delay, Save Your Sight - Get Tested and stop smoking.**

