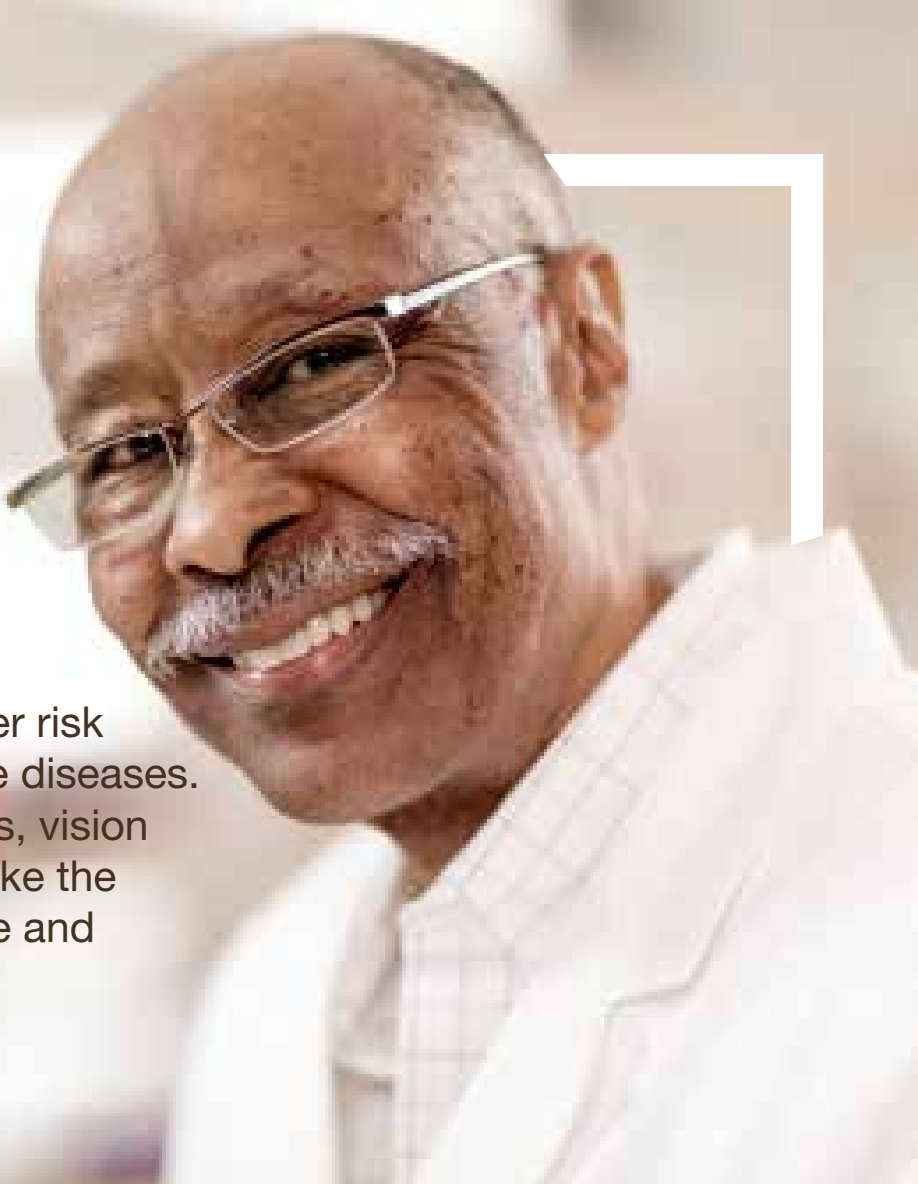


AFRICAN AMERICANS

and Eye Health: Low Vision

African Americans are at higher risk for vision loss from certain eye diseases. If you are living with vision loss, vision rehabilitation can help you make the most of the vision you do have and maintain your independence.



LOW VISION

Low vision is when even with regular glasses, contact lenses, medicine, or surgery people have difficulty seeing, making everyday tasks difficult to do.

APPROXIMATELY
188,000
AFRICAN AMERICANS
HAVE LOW VISION.

MAY REACH
366,000
BY 2030



How can you focus on your vision?

- See an eye care professional as often as recommended.
- Learn about vision rehabilitation.
- Get a good support team that includes your primary eye care professional, a specialist in low vision, and rehabilitation specialists.

HEALTHY VISION TIPS

Here are some lifestyle tips to help you focus on your vision.

1 Get regular comprehensive dilated eye exams.

5 Maintain a healthy weight.

2 Know your family's eye health history.

6 Quit smoking or never start.

3 Eat a nutritious diet.

7 Control your diabetes.

4 Wear protective eyewear.

8 Wear sunglasses when outside.

For more information about low vision, visit
www.nei.nih.gov/lowvision