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 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.

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

1. Get regular comprehensive dilated eye exams.
2. Know your family’s eye health history.
3. Eat a nutritious diet.
4. Wear protective eyewear.
5. Maintain a healthy weight.
6. Quit smoking or never start.
7. Control your diabetes.
8. Wear sunglasses when outside.

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