

# Eye See Tobacco Free!

## What Contact Lens Wearers Need 2 Know about Tobacco Use!



American Optometric Association

**Congratulations on becoming a new contact lens wearer! Studies show that those who wear contacts feel better about themselves, see better, and look great. Tobacco use cancels that!**

Smoke is a **MAJOR** eye irritant. That only gets worse if you wear contacts. If **YOU** smoke, the tar and nicotine that deposits on your fingers contaminates your contacts when you handle your lenses, giving your eyes a burny, irritating feeling.

### **U Know This: Smoking Kills!**

Tobacco ads make it look 'cool' to smoke. Those ads are needed to recruit at least **1000 NEW YOUNG SMOKERS** every day to replace the 1000 smokers who die every day from smoking!

### **Smokers look, smell, and feel bad!**

You chose contact lenses because you wanted to look healthy, more natural, and perhaps to enhance your athletic ability. However, tobacco use will make you look **WORSE**—your skin will wrinkle at a younger age (you can easily spot a smoker by their wrinkles!) Your skin will also look more pale and pasty.

In addition to looking bad, tobacco users also feel worse than non-users. Since smoking damages the lungs, even new smokers will experience a shortness of breath and a nagging cough that just doesn't go away. Athletic ability suffers greatly due to the reduced amount of oxygen your lungs can process.

And finally there's that **SMELL**. You can't hide the smell of smoke. Not only does your breath smell like an ashtray (ever try kissing a smoker? Yuck!) but everything—your car, your clothes, your hair, all smell of smoke. Definitely **NOT** a turn on. Remember, you are wearing contacts to improve and enhance your image. Tobacco use will not only erase that, but actually do the total opposite.



### **If You Don't Smoke, Don't Start!**

If offered a cigarette or tobacco of any kind, simply say 'no thanks.' Remember, smoking not only kills 1,000 people a day in the USA, it also robs you of your health way before it kills you.

### **If You Do Smoke, Quit Now!**

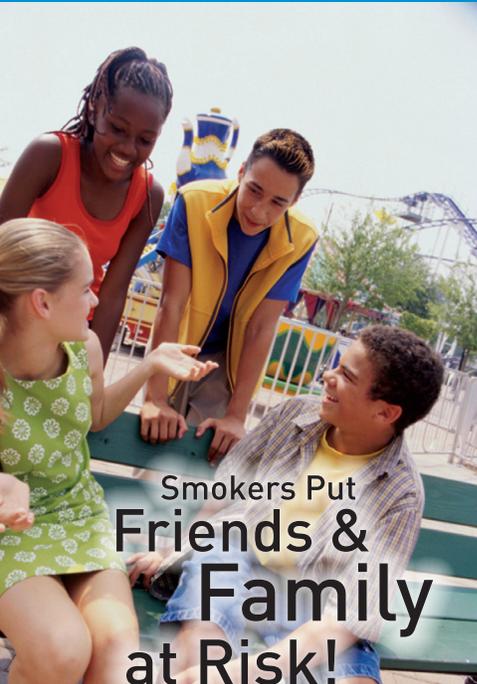
Talk to your family doctor about your desire to quit. For a good resource, simply call **1-800-QUITNOW**.

### **Did U Know?**

**90% of smokers started before age 18. 65% of people who smoke or use tobacco want to quit. Because nicotine is addictive, it is extremely hard to quit, even if you want to quit.**

[Smokefreekids.org](http://Smokefreekids.org) • [www.aoa.org](http://www.aoa.org)

**Want to do more? [lungusa.org](http://lungusa.org) for T.A.T.U. (Teens Against Tobacco Use) information**



## Smokers Put Friends & Family at Risk!

### **Tobacco Causes Blindness**

Wait! What? Yep! It does. Unfortunately, you won't read much about it or see it on tobacco warnings—but you will see those warnings at some point in the USA and now in the UK and Australia and other countries.

### **So...what's the deal?**

In addition to the diseases already associated with tobacco use, such as lung cancer, emphysema, heart disease, high blood pressure, stroke, and overall reduced life expectancy, persons who use tobacco are four times more likely to develop a blinding eye disease called macular degeneration.

### **It doesn't stop there...**

Smokers also put friends and family at risk for all smoking-related diseases by exposing them to the poisons contained in second hand smoke.

### **Is smokeless tobacco safer?**

No! Not at all! There is no safe way to use tobacco. Plus, with smokeless tobacco there is a greater risk in developing gum disease and many forms of oral cancer.

**Concerned About Friends and Family That Use Tobacco?**

**Talk to them! You can make a difference!**

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# Smoke Contaminates Your Contacts!

### **Commit 2 Say No**

By choosing to wear contacts, you got the added bonus of being much more tobacco savvy. Here are some quick facts that will help you help your friends make the right choice 2 say no 2 tobacco.

### **The Tobacco Industry**

Spends 30.7 million dollars daily in the USA to market its deadly products!

### **Tobacco Advertising**

Targets youth to replace their dying customers.

### **What else?**

- Smoke from cigarettes causes major irritation to contact lens wearers and residue on fingers can damage your contact lenses.
- Smoking and secondary smoke aggravates asthma.
- Smoking during pregnancy can cause serious damage to the unborn baby, including death.
- Remember the **BIGGIE** -- tobacco use can lead to blindness.

