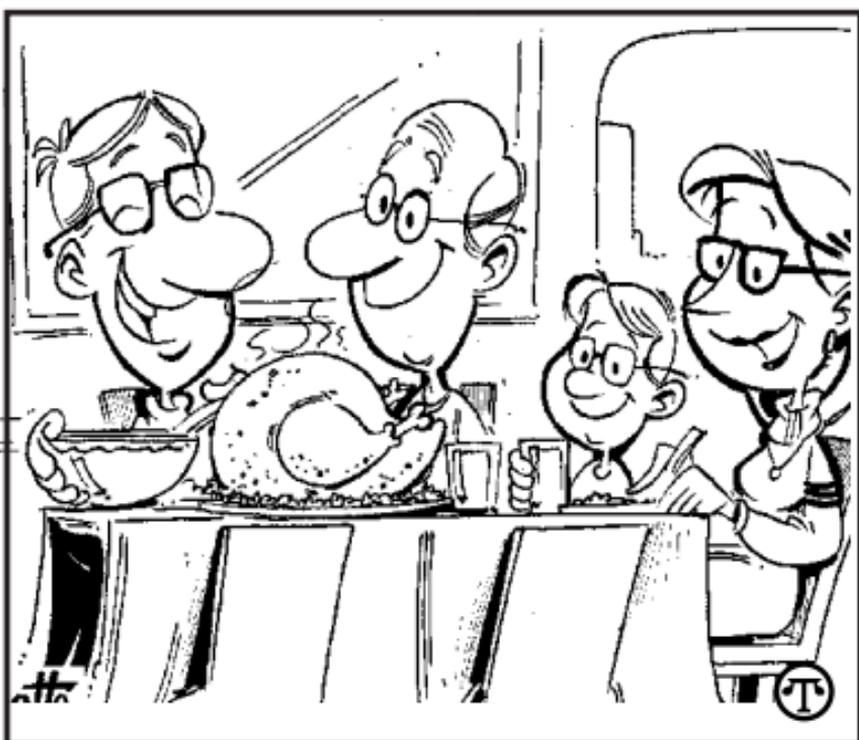


## Give Thanks for Your Most Precious Gift—Eyesight

(NAPSA)—Thanksgiving means taking time to be thankful for good fortune, friends and family. Also, be sure to “give thanks” for your sight and ensure eye health by following these simple steps:



1.) **Eat Your Veggies:** Ninety-one percent of eye doctors believe poor nutrition plays a role in the development of common eye diseases and that lutein plays an important role in promoting eye health. Lutein, which is found in vegetables such as spinach, kale and corn, may reduce the risk of macular degeneration, the leading cause of blindness in people over 50.

2.) **Quit Smoking:** Not only can tobacco cause lung cancer and heart disease, but there is a strong association between smoking and a number of common eye diseases including macular degeneration, glaucoma and cataracts. Twenty to 30 percent of macular degeneration cases are due to the prolonged effects of smoking. Macular degeneration causes loss of central vision, leaving only peripheral vision intact.

3.) **See Your Eye Doctor:** While celebrating around the Thanksgiving table, talk to older family members about their eye health. Anyone over the age of 50 should visit their eye doctor once a year to be tested for common age-related eye diseases—macular degeneration, glaucoma and cataracts—which often have no symptoms.

For more information about macular degeneration or to receive an eye exam pledgecard, visit [www.amdfacts.com](http://www.amdfacts.com) or call 800-AMD-4636. For more information on other eye diseases or conditions, visit [www.novartisophthalmics.com/us](http://www.novartisophthalmics.com/us).