



# LIGHTHOUSE<sup>®</sup>

## INTERNATIONAL

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Maximizing Your Vision for Life

### SPREAD THE WORD!

Here's how you can protect your eyesight and spread the word about preventing vision loss:

#### ✓ TAKE CARE OF YOUR EYESIGHT

- Know your vision loss risk factors: genetics, family history of eye disease, age, race, gender, diabetes, smoking, high blood pressure, high cholesterol, high sugar and fat intake, excessive UV exposure and obesity
- Get regular comprehensive, dilated eye exams — some eye diseases have NO symptoms or early warning signs; only an eye doctor can detect them
- Remember: **80% of vision loss is preventable or correctable!**

#### ✓ SHARE THIS INFORMATION

- Now that you're in the know, let others know what they can do to preserve their vision, too
- Follow us on Facebook and Twitter

#### ✓ VISIT LIGHTHOUSE.ORG

- Find clinical, educational and rehabilitation services to overcome the challenges of vision loss (see reverse)
- Make an appointment with our low vision doctors
- Find low vision doctors and services in your community
- Get the latest vision news, ask our experts and sign up for updates
- Shop for vision-friendly products

**INFORMATION • HELP • HOPE**  
**LIGHTHOUSE.ORG • (800) 829-0500**

# LIGHTHOUSE SERVICES AND PROGRAMS AT A GLANCE

**Information and resource** experts for answers to questions about vision loss

**Low vision care** by expert eye doctors to maximize remaining vision

**Rehabilitation services** to restore safety and independence for people whose diminished sight puts them at risk of injury, job loss and other disabling consequences

**Early intervention services** and an **integrated preschool**, enabling infants and young children with impaired vision to meet key developmental milestones and to learn alongside peers who are sighted

**Social work services** to help people cope with the emotional and life-altering challenges of vision loss

**Music school** — the only community music school for people with vision loss in the US

**Research** and participation in clinical trials of groundbreaking technologies that promise to restore sight

**Continuing education** for vision and rehabilitation practitioners

**Advocacy** on behalf of people with vision loss in Albany, on Capitol Hill — and around the world



**LIGHTHOUSE**<sup>®</sup>  
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Dedicated to helping people of all ages overcome the challenges of vision loss

(800) 829-0500 [lighthouse.org](http://lighthouse.org)