

## Smoking can damage the eyes

4th July, 2019



Scientists are warning that people who smoke are in danger of damaging their eyes. The scientists say smokers are two times more likely to lose their vision than non-smokers.

Everyone knows that smoking can damage the lungs and heart, but not many people know it could damage the eyesight. The scientists are from the Association of Optometrists (AOP) in the United Kingdom. The AOP has started a campaign to raise awareness of the danger of smoking to the eyes. The campaign is called "Stub it out". The word "stub" means put out a cigarette by pushing the end against something hard; "stub it out" is saying, "stop smoking". The AOP said only one in five people thinks smoking can damage the eyes.

The AOP explained why smoking is so harmful to the eyes. Cigarette smoke gets in the eyes and causes or worsens a number of different eye problems. Cigarette smoke contains toxic chemicals that can irritate and damage the eyes. Smoke contains tiny pieces of metals like lead and copper. These can get into the eyes and lead to cataracts - a condition that causes the eye lens to become cloudy. People with cataracts usually need an operation to restore their sight. Smoke can also increase the chance of worsening sight problems for people with diabetes. The AOP said smokers are also three times more likely to damage the eyes' muscles. The AOP has encouraged smokers to quit.

Sources: [dentistry.co.uk](http://dentistry.co.uk) / [bbc.com](http://bbc.com) / [aop.org.uk](http://aop.org.uk)

## Writing

Cigarettes should be banned worldwide. Discuss.

## Chat

Talk about these words from the article.

scientists / smoke / smokers / lungs / heart / eyesight / campaign / cigarette / eyes / harmful / toxic chemicals / metal / cataracts / cloudy / operation / chance / diabetes

## True / False

- a) Smokers are twice as likely of damaging their eyes as non-smokers. T / F
- b) The article says not many people know smoke can damage eyesight. T / F
- c) A campaign to get people to quit smoking is called "Stab It Out". T / F
- d) Just one in five people thinks that smoking causes eye damage. T / F
- e) Smoke worsens existing eye problems. T / F
- f) The article says smoke contains metals such as iron and silver. T / F
- g) The article says there is not cure for cataracts. T / F
- h) Smokers are ten times likelier to damage eye muscles. T / F

## Synonym Match

(The words in **bold** are from the news article.)

- |                       |                  |
|-----------------------|------------------|
| 1. <b>warning</b>     | a. poisonous     |
| 2. <b>damaging</b>    | b. understanding |
| 3. <b>campaign</b>    | c. urged         |
| 4. <b>awareness</b>   | d. harming       |
| 5. <b>stop</b>        | e. adds to       |
| 6. <b>worsens</b>     | f. cautioning    |
| 7. <b>toxic</b>       | g. bits          |
| 8. <b>pieces</b>      | h. misty         |
| 9. <b>cloudy</b>      | i. drive         |
| 10. <b>encouraged</b> | j. quit          |

## Discussion – Student A

- a) What do you think of smoking?
- b) Why do you think people smoke?
- c) What do you think of cigarette smoke?
- d) Why do you think smoking damages the eyes?
- e) What other dangers of smoking are there?
- f) What can people do to look after their eyesight?
- g) Should smoking be banned all around the world?
- h) What advice do you have for smokers?

## Phrase Match

- |                                       |                         |
|---------------------------------------|-------------------------|
| 1. smokers are two times more likely  | a. an operation         |
| 2. smoking can damage the             | b. sight problems       |
| 3. a campaign to raise                | c. out a cigarette      |
| 4. "stub" means put                   | d. to lose their vision |
| 5. only one                           | e. gets in the eyes     |
| 6. The AOP explained why smoking      | f. awareness            |
| 7. Cigarette smoke                    | g. smokers to quit      |
| 8. People with cataracts usually need | h. is so harmful        |
| 9. increase the chance of worsening   | i. in five people       |
| 10. The AOP has encouraged            | j. lungs and heart      |

## Discussion – Student B

- What do you think about what you read?
- What do you think of smokers?
- What can countries do to stop people smoking?
- What do you think of smoky places?
- Should non-smokers be able to sue smokers for eye damage?
- Why is it difficult for people to quit smoking?
- What three adjectives best describe smoking?
- What questions would you like to ask the researchers?

## Spelling

- The nsiesicstt say smokers are...
- two times more ilyelk
- lose their onivis
- damage the gehtyies
- a icmangpa to raise awareness
- pushing the end gsinaat something
- why smoking is so lhmufr to the eyes
- causes or osnsrwe a number
- smoke contains tcxio chemicals
- a idnonctio that causes the eye lens
- an eorpaitno to restore their sight
- The AOP has enueraodcg smokers to quit

### Answers – Synonym Match

1. f	2. d	3. i	4. b	5. j
6. e	7. a	8. g	9. h	10. c

## Role Play

### Role A – Poor Diet

You think a poor diet is the worst thing for our eyes. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the most manageable of these (and why): smoke, smartphone use or not enough sleep.

### Role B – Smoke

You think smoke is the worst thing for our eyes. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the most manageable of these (and why): a poor diet, smartphone use or not enough sleep.

### Role C – Smartphone Use

You think smartphone use is the worst thing for our eyes. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the most manageable of these (and why): smoke, a poor diet or not enough sleep.

### Role D – Not Enough Sleep

You think not enough sleep is the worst thing for our eyes. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the most manageable of these (and why): smoke, smartphone use or a poor diet.

## Speaking – Bad for our eyes

Rank these with your partner. Put the worst things for our eyes at the top. Change partners often and share your rankings.

- |              |                         |
|--------------|-------------------------|
| • poor diet  | • rubbing your eyes     |
| • smoke      | • smartphone use        |
| • sunlight   | • reading by torchlight |
| • TV screens | • not enough sleep      |

### Answers – True False

a	T	b	T	c	F	d	T	e	T	f	F	g	F	h	F
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Answers to Phrase Match and Spelling are in the text.