Age-Related Macular Degeneration (AMD) is the leading cause of blindness in people over the age of 50 in the Western World. Novartis, National Council for the Blind of Ireland (NCBI), Fighting Blindness, the Association of Optometrists in Ireland (AOI) and the Irish College of Ophthalmologists (ICO) are working together to increase public awareness on how to spot the symptoms of AMD and to highlight the importance of early detection.

AMD affects the macula at the back of the eye, which is responsible for central vision and allows you to see detail. People living with the condition will often notice a blank patch or dark spot in the centre of their sight. This makes activities like reading, writing and recognising small objects or faces very difficult. AMD usually starts in one eye and is likely to affect the other eye at a later stage. There are two types of AMD – dry and wet. There are currently no proven treatments for dry AMD, which is the more common form and in many cases, people with wet AMD do not seek medical attention early enough for the treatment to be effective.

Slightly blurred vision is the most common symptom of AMD. Wavy lines or a blind spot in the centre of the field of vision are other symptoms. Although you might not notice any changes in your vision, an eye exam will assess not only your need for spectacles but also what is going on at the back of your eye. NCBI urges people to have a thorough eye exam every two years, especially if there is a history of glaucoma, AMD or diabetes in their family.

While wet AMD cannot necessarily be prevented, there is treatment available and its onset can be delayed by making some lifestyle changes and by ensuring you have your eyes examined regularly.

- Stop smoking straight away to lessen your chances of developing AMD.
- Eat a healthy diet, rich in fruits and vegetables.
- See your optician immediately if you notice any changes in your vision.
- Have a thorough eye exam every two years.

Des Kenny, Chief Executive, NCBI
Avril Daly, Chief Executive Officer, Fighting Blindness
I love being a chef and my world revolves around food! I love the taste, smell, texture and more importantly, how my dishes look once finished. To lose any of my senses would affect how I operate and this is why I am so passionate about eating for my eye health!

I was delighted to be invited to take part in AMD Awareness Week. There are so many health awareness messages being communicated to us in everyday life that it’s hard to interpret which ones are relevant and how to make sense of them. I have worked with the partners involved in AMD Awareness Week to design this booklet to give you practical advice that can help you protect yourself against a condition which now affects 1 in 10 Irish people over 50. I love recipes with a purpose, and thinking about your ingredients can open up a whole new world of cookery! I may not be a medical expert, but I do know food, and it has been proven that simple changes to lifestyle and diet can help ease the effect of AMD on your daily life.

It’s so simple to eat for your eye health by maintaining a healthy well balanced diet; limit your intake of fats, eat fish two to three times a week, dark green leafy vegetables and fresh fruit daily plus a handful of nuts weekly. Preferred ingredients for eye health include salmon, which is rich in omega-3 fatty acids and lutein-rich spinach. Both omega-3 fatty acids and lutein are important for good eye health. But less about the big words and more about the cooking!

Read on to get some simple, practical and delicious ideas so you too can Eat for your Eye Health!

Happy Cooking!

Derry Clarke, Celebrity Chef

---

DERRY CLARKE

Derry Clarke is a renowned celebrity chef with regular TV appearances on a variety of popular shows. He spent four years in ‘le Coq Hardi’ and a further eight years in the ‘Bon Appétit’ before opening his own restaurant, ‘l’Ecrivain’, in July 1989 with his wife Sallyanne. Derry and ‘l’Ecrivain’ have been awarded many accolades over the past eighteen years, such as Best Restaurant and Best Chef Awards since. l’Ecrivain also has a Michelin Star which it was first awarded in 2003.

For more information or to download in a larger font visit www.amd.ie
**Sweet Potato Burritos**

12 servings

- 15ml vegetable oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 1535g canned kidney beans, drained
- 475ml water
- 25g chilli powder
- 4g ground cumin
- 20ml prepared mustard
- 0.2g cayenne pepper, or to taste
- 45ml soy sauce

**COOKED AND MASHED SWEET POTATOES**

- 225g shredded cheddar cheese

Preheat oven to 175°C.

Heat oil in a medium skillet, and sauté onion and garlic until soft. Stir in beans and mash.

Gradually stir in water and heat until warm. Remove from heat and stir in the chilli powder, cumin, mustard, cayenne pepper and soy sauce.

Divide bean mixture and mashed sweet potatoes evenly between the warm flour tortillas. Top with cheese.

Fold up tortillas burrito style and place on a baking sheet.

Bake for 12 minutes in the preheated oven and serve.

**Vegetable Lasagne Stack**

Serves 2

- 50g unsalted butter
- 50g plain flour
- 60ml white wine
- 200ml low-fat milk
- 50g grated parmesan cheese
- 1 aubergine and 1 courgette, washed and cut into quarters
- 1 punnet cherry tomatoes
- 3 cloves garlic
- 1 tablespoon olive oil
- 6 English spinach leaves, washed and dried
- 200g lasagne sheets

Preheat oven to 160°C. Melt the butter in a small saucepan, add the flour and mix into a paste. Add the wine and when it has been absorbed, add the milk and cheese and stir until smooth.

Coat all the vegetables except the spinach in olive oil and cook in the oven for 30 minutes.

Cut the lasagne sheets into eight 4 inch squares then blanch for 3 minutes in boiling water. Remove from the water using a slotted spoon. Place in a bowl and coat with olive oil to prevent them from sticking.

Place one lasagne sheet on a plate, cover with a layer of hot vegetables, a layer of spinach and then the white sauce.

Repeat process to create 4 layers on 2 separate plates.
**CREATURE COMFORTS**

**Poached Salmon and Lemon Risotto**

Serves 4

400g poached salmon flaked  
1½ litres chicken stock  
2 tablespoons olive oil  
2 cloves garlic, crushed  
1 onion, peeled and finely diced  
350g arborio rice  
200g hot-smoked salmon, broken into flakes  
Grated zest and juice of 1 lemon  
60g chopped fresh dill or parsley  
Sea salt  
Freshly ground black pepper

Flake the salmon by pulling apart into bite-sized pieces. Heat stock in a small saucepan and keep at simmering point.

Heat a large, heavy-based saucepan, add oil, garlic and onion and cook over a gentle heat for 5 minutes, stirring regularly. Add rice and stir for 2 minutes to toast but not brown.

Add one ladle of hot stock and stir continuously until the rice has absorbed this liquid, then add another ladle of stock. Continue to stir and keep adding hot stock until it has all been absorbed. After 15 to 20 minutes the mixture will be creamy and the rice just tender to the bite.

Stir in salmon, lemon juice and season with salt and pepper to taste. Cover the pan and leave to steam for 5 minutes.

Serve garnished with parmesan and parsley.

*This recipe is a favourite of Miss Marie Hickey-Dwyer, Midwestern Regional Hospital, Limerick*

**Top Tips**

One serving of Sweet Potato (one 5 inch long potato) is a top source of vitamin A (providing over 360% of the Daily Value), a nutrient that helps maintain eye health. Research shows vitamin A helps the eye to adapt from bright light to darkness, while inadequate intake can lead to night blindness and poor vision in dim light. Several studies have also reported that carotenoids seem to lower the risk of age-related macular degeneration (AMD). One study found a 43% lower risk of AMD in people whose intake of carotenoids was highest versus lowest.

For maximum benefit, eating vegetables like aubergine and courgette lightly cooked is better than eating them raw, as cooking breaks cells down, increasing bioavailability (that is, making it easier for the body to absorb the lutein or zeaxanthin). Overcooking, however, can sap the vegetables of their goodness (lutein, zeaxanthin and vitamins).
Banana and Walnut Bread

Makes 1 large loaf

Olive oil
450g plain flour
Salt
1 teaspoon nutmeg powder
1 teaspoon bicarbonate of soda
400g caster sugar
5 eggs
250ml light olive oil
230g walnuts kernels, roughly chopped
4 ripe bananas, mashed

Preheat the oven to moderate, 180°C. Spray a 31 x 9cm baking tin. In a large bowl, sift together the flour, salt, nutmeg and bicarbonate of soda.

Add the sugar, eggs and olive oil, stir until combined, then add the walnuts and bananas and mix together. Pour into the baking tin and cook for at least an hour.

Test the loaf is ready by inserting a skewer into the centre of the loaf. If it comes out clean the loaf is done. Turn onto a wire rack.

Banana Smoothie

Serves 2

450ml milk
1 tablespoon honey
2 tablespoons yoghurt, vanilla or natural
2 ripe bananas
Cinnamon powder

Purée all the ingredients in a blender until smooth. Pour into tall glasses and sprinkle cinnamon on top.

Tip
Cholesterol watchers can substitute full-fat milk with low fat milk.

This recipe is a favourite of NCBI
Asparagus, Spinach and Gruyere Omelette

Serves 2

5 eggs
100ml milk
50g gruyere cheese, grated
450g fresh baby spinach, washed dried and roughly chopped
4 asparagus spears, woody ends removed and diced
Sea salt and freshly ground pepper
Olive oil

Beat the eggs and milk in a small bowl, add the cheese, spinach and asparagus.
Season to taste with salt and pepper.

Heat a small frying pan and spray with olive oil.

Pour half the egg mix into the pan and cook on a medium to low heat for 4 minutes.

Using a palette knife or egg flip, fold the omelette in half and gently slide out of the pan.

Tip
Don’t forget to thoroughly wash all fresh spinach.

This recipe is a favourite of The Royal Victoria Eye and Ear Hospital

Spicy Carrot Soup

8 carrots, roughly chopped
5 celery sticks, cut into pieces
2 cloves of garlic, chopped
1 large onion, chopped
1 litre of water
1 tablespoon of olive oil
1 teaspoon of curry powder
Salt

Heat up the olive oil in a frying pan; then fry the chopped garlic and chopped onion for 5 minutes.

Add a teaspoon of curry powder, then stir.

Add all of the remaining ingredients except the salt and cook until the vegetables are tender.

Mix in a blender until the soup is smooth.

Add salt to taste and serve.

Tip
Mum was always right about carrots! Carrots contain beta-carotene, a carotenoid pigment found in bright orange fruits and vegetables that is also a precursor for vitamin A. Vitamin A plays a major role in eyesight by preventing night blindness and helping with the maintenance of a healthy, clear cornea (outer membrane of the eye).

This recipe is a favourite of Fighting Blindness
**Watercress and Avocado Salad Tossed with Poached Salmon**

Serves 2

- 200g poached salmon, flaked
- 1 bunch watercress
- 1 avocado sliced
- 100ml lemon juice (freshly squeezed)
- 100ml extra virgin olive oil
- Sea salt and freshly ground pepper

Flake the salmon by gently pulling apart into bite-sized pieces.

Toss the watercress leaves with the sliced avocado, add the salmon.

Make the dressing by mixing the lemon juice and extra virgin olive oil in a small bowl.

Season to taste with salt and pepper and drizzle over the salad.

**Tip**

Avocados are one of the most nutrient-dense foods that exist, so it’s no wonder they’re great for your eyes. They contain more lutein than any other fruit. Lutein is important in the prevention of macular degeneration and cataracts.

They are also a great source of other important eye nutrients such as vitamin A, vitamin C, vitamin B6 and vitamin E.

*This recipe is a favourite of The Mater Private Hospital*

---

**Citrus Chicken Salad**

- 100ml orange juice
- 50ml lime juice
- 2 shallots, diced
- 1 teaspoon chilli powder
- 1 teaspoon ground cumin
- 1 teaspoon granulated sugar
- 1 teaspoon garlic powder
- 2 skinless, boneless chicken breasts
- ½ head chopped romaine lettuce
- 1 tin mandarin oranges, drained
- ½ red onion sliced
- 50g almond slices

In a small bowl, whisk together juices, shallots, chili powder, cumin, sugar and garlic powder.

Pour half of this mixture into a large, resealable bag. Add the chicken breasts.

Refrigerate for 2 hours. Refrigerate the remaining half of dressing.

Remove chicken breasts from marinade. Broil chicken breasts on high for 4 minutes. Turn. Broil an additional 3 to 4 minutes or until internal temperature reaches 160°C.

Slice into thin slices.

Meanwhile, gently toss together remaining dressing, lettuce, oranges, onion and almonds. Top with chicken.

*This recipe is a favourite of Mr. Frank Kinsella, Galway Clinic and University Hospital Galway*
**Warm Spinach, Bean and Bacon Salad with a Maple Dressing**

Serves 4

- 225g lean bacon chopped
- 450g spinach
- Handful of French beans
- 3 tablespoons of walnuts chopped
- Red wine vinegar
- Maple syrup
- Sunflower oil

Chop the French beans in half, boil until just tender, drain and refresh with cold water. Heat a non-stick pan, add the bacon and fry until golden and crisp.

Remove from the pan and keep warm. Add 2 tablespoons of red wine vinegar, 3 tablespoons of sunflower oil, the walnuts and a tablespoon of maple syrup to the pan.

Tear the washed spinach into bite-sized pieces and add to the pan along with the cooked French beans.

Stir until just wilted and then serve on warmed plates with the warm bacon scattered on top.

**Tip**

Take care not to shell the walnuts until you are ready to use. If the walnuts are shelled, they should be refrigerated in a tightly sealed container and can be stored for up to one year. The use of walnuts in daily life has many benefits, which range from cardiovascular defence to improving cognitive functionalities.

As well as being good for your eye health they have also been found to be beneficial in asthma and rheumatism.

**Couscous with Butternut Squash, Spinach and Feta**

Serve as a side

- ½ butternut squash, peeled and diced large
- 2 tablespoons light olive oil
- Salt
- 400g couscous
- 2 tablespoons raisins
- ½ bunch basil leaves washed and chopped
- 50g baby spinach, washed and dried
- 100g low-fat feta diced

Preheat the oven to 180°C.

Coat the butternut squash in olive oil and sprinkle with a little salt. Place in a baking tray and cook for 15-20 minutes.

Put the couscous and raisins in a heatproof bowl and just cover with boiling water. Use cling film to cover the bowl for three minutes or until the water has been fully absorbed, then fluff with a fork and mix through the butternut squash, basil, spinach and feta.

*This recipe is a favourite of Barrington’s Medical Centre, Limerick*
**Black Mussels in Spicy Tomato Sauce**

Serves 2 as a starter

1kg black mussels  
50ml olive oil  
1 large onion, diced  
4 cloves garlic, minced  
1½ teaspoons paprika powder  
250ml dry white wine  
400g tinned diced tomatoes

Heat the olive oil in a large saucepan and gently cook the onion, garlic and paprika until soft.

Add the mussels, white wine and tomatoes and cover the saucepan until all the mussels open.

Spoon the mussels into 2 warmed bowls, pour over the sauce and serve with crusty bread.

*This recipe is a favourite of Professor Cleary at The Bon Secours Hospital in Cork*

---

**Fish Cakes**

Serves 2 as a starter

150g potatoes, diced  
200g tinned salmon  
Salt and pepper  
1 bunch parsley, washed and chopped  
2 tablespoons fresh grated parmesan  
200g breadcrumbs  
200g flour  
2 eggs, lightly beaten  
2 tablespoons olive oil

Peel the potatoes and from a cold water start, boil until they are tender, drain and mash. Mix the salmon, potato, a little salt and pepper and half the parsley until combines. Mould the fish into round cakes.

Mix the breadcrumbs, parmesan and the remainder of the parsley together. Roll the fish cakes in the flour and dip them in beaten egg before rolling in the breadcrumb mix.

Heat the oil in the frying pan and bring to a medium heat and gently fry the fish cakes for 4 minutes each side or until golden brown. Remove from the pan and rest on absorbent paper before serving.
Baked Trout Stuffed with Spinach and Pine Nuts

Serves 2

1 bunch English spinach, washed and roots trimmed
100g pine nuts, dry roasted
Grated zest of 1 lemon
2 plate sized trout, gutted and scaled
Salt and pepper
2 tablespoons olive oil

Preheat the oven to 180°C.

Blanch the spinach for two minutes in boiling water. Drain and refresh in cold water.

Mix together the spinach, pine nuts, lemon zest, a pinch of salt and pepper and fill the trout cavity until plump. Rub each fish with oil and a little salt.

Place the trout on a baking tray lined with baking paper and cook for 15 minutes.

Serve immediately.

This recipe is a favourite of Professor Stephen Beatty, Whitfield Clinic, Waterford

Salmon with Hot Beetroot Relish

Serves 4

4 salmon fillets
Olive oil
Salt and black pepper
3 tablespoons soy sauce
1 tablespoon fresh grated ginger
2 tablespoons lemon juice
2 bunches watercress
1 lemon, cut in wedges

For the relish:
250g cooked whole beetroot (not pickled), diced small
4 tablespoons coarse grain mustard
1 tablespoon honey
2 tablespoons balsamic or red wine vinegar

Lightly brush the salmon fillets with oil, season lightly with salt and liberally with black pepper then place in a non-stick roasting pan.

Mix together the soy sauce, ginger and lemon juice and pour over the salmon. Leave to marinate for at least 15 minutes then place in an oven preheated to 190°C and bake, uncovered for about 25 minutes, or until the flesh feels just firm.

About half-way through the cooking process baste the fish with the pan juices. Remove from the oven, cover with foil and allow to stand for 10 minutes.

Mix together the beetroot, mustard, honey and vinegar. To serve arrange the green leaves on a plate, arrange the salmon on top and spoon-over the beetroot relish. Garnish with the lemon wedges.

This recipe is a favourite of Professor Stephen Beatty, Whitfield Clinic, Waterford
CREATIVE CARROTS

Carrot and Raisin Muffins

Makes 12 muffins

3 medium eggs
350g of all-purpose flour
350g of shredded carrots
220g of powdered sugar
170g of granulated sugar
100g of raisins
100ml of milk, plus 2 tablespoons of milk
100g of melted butter, plus 1 tablespoon of melted butter
50g of cream cheese, softened
2 teaspoons of cinnamon
1½ teaspoons of baking powder
½ teaspoon of baking soda
½ teaspoon of salt
½ teaspoon of vanilla

Preheat oven to 200°C.

Combine the all-purpose flour, cinnamon, baking powder, baking soda and salt. Beat together the eggs and the granulated sugar.

Add the shredded carrots, raisins, 100ml of milk and 100g of melted butter; mix thoroughly.

Add the flour mixture and stir until the dry ingredients have moistened. Spoon the batter into twelve greased muffin cups.

Bake for 20 minutes.

Mix together cream cheese and 1 tablespoon of butter. Stir in the powdered sugar, 2 tablespoons of milk and vanilla, then drizzle over top of the cooked muffins.

This recipe is a favourite of Novartis

Coleslaw

Makes 8 servings

2 6-oz. containers of low-fat pineapple yogurt
¾ teaspoon salt
2 tablespoons low-fat mayonnaise
1 head of cabbage, thinly sliced
4 carrots, shredded
1 small onion, finely chopped

Whisk yogurt, mayonnaise and salt together in a large bowl.

Chop the cabbage and onion; scrub and then shred the carrots. Don’t peel them so you preserve the vitamins and minerals near the surface.

Add these ingredients to the yogurt mixture bowl and mix well.

Tip
When cooking, wherever possible, try to use fresh vegetables, herbs and other ingredients. Frozen ingredients should be your second choice and canned goods should be the final option.

This recipe is a favourite of Linda McGivney-Nolan at the AOI
WHAT’S FOR AFTERS?

Apple and Raspberry Crumble

Serves 6

- 6 green apples peeled and diced
- 125ml water
- 60g caster sugar
- 1 punnet raspberries
- 100g butter
- 70g honey
- 450g rolled oats
- 50g sunflower seeds
- 50g pumpkin seeds

Preheat the oven to 180°C.

Place the apples, water and sugar in a medium saucepan and simmer for 15 minutes.

Remove from the heat; fold in the raspberries and spoon into 6 ceramic bowls.

To make the crumble, melt the butter and honey in a small saucepan. Remove from the heat, add the oats and seeds and mix together.

Completely cover the fruit with the mixture and bake for 15 minutes until golden brown.

Tip
Sunflower seeds contain selenium, a nutrient that may prevent cataracts and promote overall eye health.

This recipe is a favourite of The Beacon Hospital

Strawberry Lemonade

Serves 4

- 6 lemons
- 300g caster sugar
- 350g strawberries
- Ice cubes, soda water
- 100g strawberries

Using a zester, remove the rind from the lemons and put in a large bowl with the sugar and strawberries. Juice the lemons and stir the juice into the strawberry mixture.

Add 1½ litres of boiling water and mix well. Cool to room temperature and refrigerate overnight.

Strain the mixture through a coarse sieve and pour into sterilised bottles.

Serve over ice cubes and fresh strawberries and top with soda.

Tip
Protect your eyes with strawberries and raspberries. These ruby fruits are full of carotenoids, antioxidant compounds that help prevent age-related macular degeneration.
Pizza with Mushrooms, Goat Cheese, Spinach and Walnuts

One 12 – 14 inch pizza

Whole wheat pizza dough:
1 teaspoon active dry yeast
130ml cup warm water
¼ teaspoon sugar
1 tablespoon extra virgin olive oil, plus additional for brushing the pizza crusts
230g stone ground whole wheat flour
180g unbleached all-purpose flour, plus additional if necessary for kneading
½ teaspoon salt

Pizza topping:
2 tablespoons extra virgin olive oil
½ pound mushrooms, trimmed, cleaned and sliced
Salt and freshly ground pepper to taste
1 teaspoon fresh thyme leaves
4 ounces goat cheese
4 walnuts, shelled and chopped
About 1 heaped cup spinach leaves
¼ teaspoon balsamic vinegar
1 teaspoon walnut oil

Making the dough:
Combine the yeast and water in a 2-cup Pyrex measuring cup. Add the sugar, and stir together. Let sit two or three minutes, until the water is cloudy. Stir in the olive oil.

Combine the whole wheat flour, all-purpose flour and salt in a food processor fitted with the steel blade. Pulse once or twice. Then, with the machine running, pour in the yeast mixture. Process until the dough forms a ball on the blades. Remove from the processor (the dough will be a little tacky; flour or moisten your hands so it won’t stick), and knead on a lightly floured surface for a couple of minutes, adding flour as necessary for a smooth dough.

Shape the dough into a ball, pinched at bottom and rounded at top. Transfer the dough to a clean, lightly oiled bowl, rounded side down first, then rounded side up. Cover the bowl tightly with plastic wrap, and leave it in a warm spot to rise for 1 to 1 ½ hours. When it is ready, the dough will stretch when it is gently pulled.

Put the dough on a lightly oiled tray or platter, cover with lightly oiled plastic wrap or a damp towel, and leave to rest for 15 to 20 minutes.

Making the pizza:
Preheat the oven to 180°C with a baking stone inside, if available. Roll out the dough to fit a 12- to 14-inch pizza pan.

Heat 1 tablespoon of the olive oil over a medium-high heat in a large, heavy skillet and add the mushrooms. Cook, stirring, until the mushrooms are tender and moist, for 4 to 5 minutes. Season with salt and pepper, and remove from the heat.

Crumble the goat cheese into a bowl, add the walnuts and lightly toss together.

Brush the dough with 2 teaspoons of the remaining olive oil, and top with the mushrooms. Sprinkle on the thyme, and place in the oven. Bake for 10 minutes. Remove from the oven, sprinkle the goat cheese and walnuts over the crust, and return to the oven for 5 to 10 minutes, until the crust is nicely browned and the cheese has softened. Remove from the heat.

Toss the spinach with the remaining teaspoon of olive oil, the balsamic vinegar and the walnut oil. Scatter it over the pizza and serve.
1. Avocados
Avocados are one of the most nutrient-dense foods that exist, so it’s no wonder they’re great for your eyes. They contain more lutein than any other fruit. Lutein is important in the prevention of macular degeneration and cataracts.

They are also a great source of other important eye nutrients such as vitamin A, vitamin C, vitamin B6, and vitamin E.

2. Carrots
Carrots have long been recognized as an eye food due to their high levels of vitamin A.

3. Broccoli
Broccoli is a good source of vitamin C, calcium, lutein, zeaxanthin and sulforaphane.

4. Eggs
Eggs are an excellent source of eye nutrients like vitamin A, zinc, lutein, lecithin, B12, vitamin D and cysteine.

5. Spinach
Another great source of vitamin A, spinach also contains other important eye nutrients including lutein and zeaxathin.

6. Kale
Like spinach, kale is a good source of vitamin A, lutein and zeaxathin.

7. Tomatoes
Tomatoes are high in vitamin C and lycopene, two important eye nutrients.

8. Sunflower Seeds
Sunflower seeds contain selenium, a nutrient that may prevent cataracts and promote overall eye health.

9. Garlic
Garlic contains selenium and other eye nutrients such as vitamin C and quercetin.

10. Salmon
Salmon is rich in omega-3 fatty acids, which are important for maintaining overall eye health. It also contains folic acid, vitamin D, vitamin B6, vitamin B12 and vitamin A.
Fighting Blindness is a patient-led organisation established in 1983 by Irish families affected by progressive blinding conditions such as AMD. The charity now funds world-leading research into cures and treatments for blindness in 12 centres around Ireland. It also provides a unique professional counselling service for people with visual impairments and their families.

For support or information please contact Fighting Blindness at 01 709 3050 or email: info@fightingblindness.ie and for further information log onto www.fightingblindness.ie

ABOUT THE NATIONAL COUNCIL FOR THE BLIND OF IRELAND
NCBI is a not for profit charitable organisation which offers support and services to people experiencing difficulty with their eyesight. About 18% of people using NCBI’s services are completely blind, while 82% have varying degrees of usable vision. We offer a range of services to assist people with sight loss to adapt to their situation and maintain their independence. These services, which include advice and information as well as emotional and practical support, can be provided to people at home or in one of our resource centres, which are situated throughout the country.

If you or someone you know is experiencing difficulty with their eyesight, contact NCBI on LoCall 1850 33 43 53 or visit www.ncbi.ie