

Carnet de notes

Classique

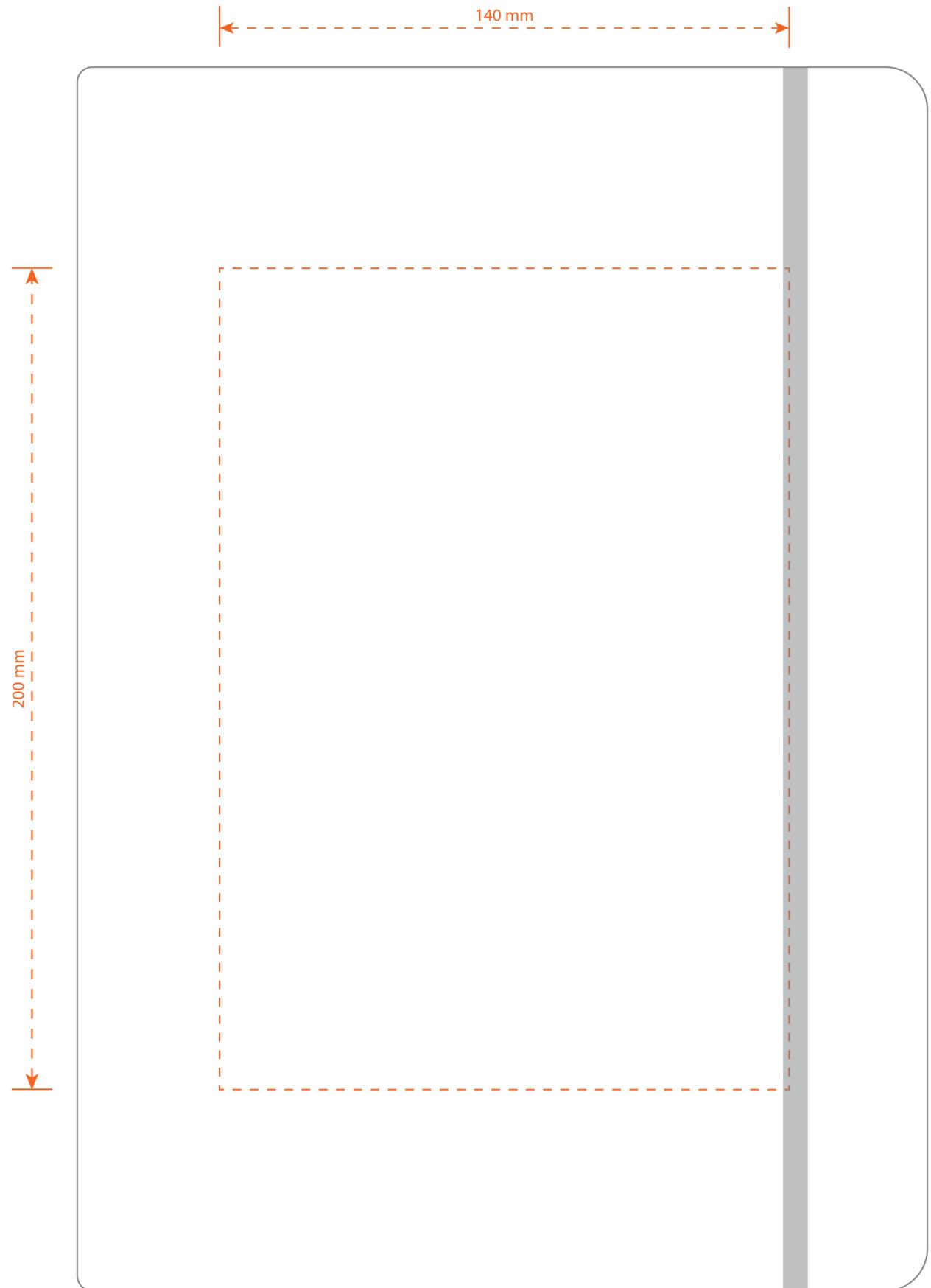
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Étapes à suivre

1. Laissez le format du document inchangé et formatez le fichier dans la couche "**conception**". Utilisez pour cela une couleur du nuancier Pantone + Solid avec une couverture complète ou une teinte de 100 %.
2. Enregistrez le fichier au format PDF sans aucune marque ou marge de découpe. Utilisez de préférence le pré-réglage PDF/X-1a:2001.
3. Vérifiez l'exactitude de votre PDF avant de le livrer.

*Vous ne travaillez pas avec Adobe Illustrator ? Supprimez alors tout ce qui n'a pas besoin d'être imprimé. Supprimez également les couches "**Gabarit**" et "**Information**".*

*Livrez votre fichier au format **140 x 200 mm**.*



Échelle 1:1

Légende

--- Format à livrer, marge de découpe 3 mm. inclus

— Format final fini

- - - Marge de sécurité recommandée

— Surface imprimable

- - - Pli ou rainurage

■ Les éléments dans cette couleur sont illustratifs

■ Les éléments de cette couleur sont (semi-) transparents

■ Les éléments de cette couleur sont facultatifs et dépendent des options de produit choisies

the 1990s, the number of people in the world who are blind has increased by 100 million. The number of people who are blind in the world is now estimated to be 100 million, with 80 million of these people living in the developing world (World Health Organization 2002).

There are many causes of blindness, but the most common cause is cataracts. Cataracts are a clouding of the lens of the eye, which can be caused by age, injury, or disease. In the developing world, cataracts are the leading cause of blindness, and they are often preventable. In the developed world, cataracts are also a common cause of blindness, but they are often preventable through surgery.

Other causes of blindness include glaucoma, macular degeneration, and diabetic retinopathy. Glaucoma is a group of eye conditions that damage the optic nerve, which carries visual information from the eye to the brain. Macular degeneration is a disease that affects the macula, the part of the eye that is responsible for central vision. Diabetic retinopathy is a complication of diabetes that can damage the blood vessels in the eye.

Blindness is a serious condition that can have a profound impact on a person's life. It can make it difficult to work, travel, and even perform basic tasks of daily life. However, there are many ways to help people who are blind. One way is to provide them with assistive devices, such as white canes and Braille. Another way is to provide them with training and support to help them become self-sufficient.

There are many organizations that work to help people who are blind. One of the most well-known is the National Federation of the Blind. This organization provides a wide range of services, including advocacy, education, and employment. Another organization is the American Council of the Blind, which provides similar services to people who are blind in the United States.

There are also many local organizations that provide services to people who are blind. These organizations often provide a wide range of services, including counseling, job training, and transportation. If you are interested in learning more about these organizations, you can contact the National Federation of the Blind or the American Council of the Blind.

Blindness is a complex condition, and there is still much to be learned about it. However, with the right support and resources, people who are blind can lead full and productive lives. It is important that we continue to work to reduce the number of people who are blind in the world, and to provide the best possible care and support for those who are already blind.

There are many ways to help people who are blind, and we encourage you to get involved. You can donate to one of the organizations mentioned above, or you can volunteer your time. You can also help by spreading the word about blindness and the services available to people who are blind.

For more information, please contact the National Federation of the Blind at 1-800-547-7333 or the American Council of the Blind at 1-800-424-8669.