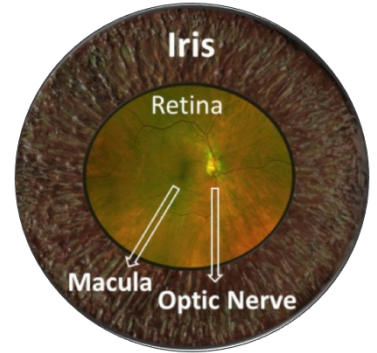


# Age-related Macular Degeneration

## What is Age-related Macular Degeneration (AMD)?

Macular degeneration is degenerative retinal disease that affects the center portion of the retina called the macula. AMD can affect central vision leading to blurry vision, missing areas of vision or distortions in vision. It is a leading cause of vision loss in people over the age of 60. Diagnosis requires a thorough eye examination with your eye care provider.

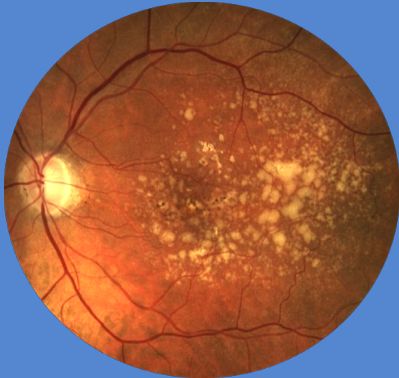


### Risk Factors

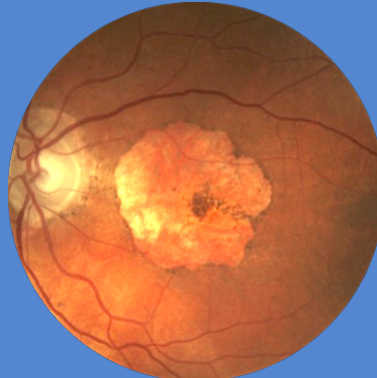
- Age
- Smoking
- Family history of AMD
- Poor diet
- Obesity
- Some medical conditions
- Sunlight exposure

### What can I do?

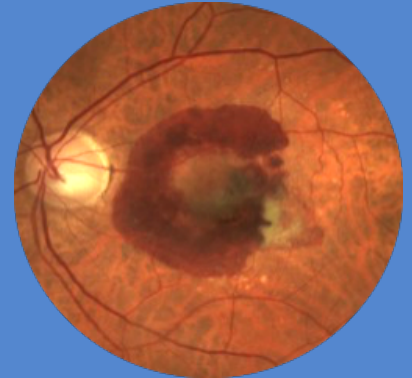
- Stop smoking
- Healthy diet with green, leafy vegetables
- Talk to your eye doctor about the benefit of an eye vitamin (*Discuss any changes in your diet or dietary supplements with your primary care physician*)
- Sun protection: sunglasses, hats, etc.
- Keep your eye examination follow-ups



Yellow deposits called drusen form underneath the retina and are the "hallmark" sign of AMD



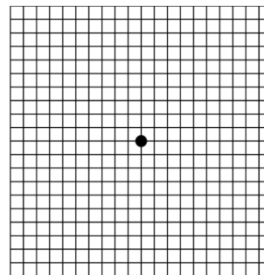
AMD can lead to tissue atrophy, causing loss of central vision.



Blood vessels can grow into the retina leading to "wet" AMD. This can cause sudden vision change.

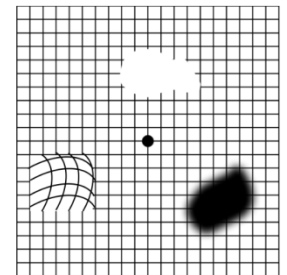
### Visual Symptoms

The near (reading) should be monitored one eye at a time every day. You can use a grid chart, home monitoring devices or any reading material. Report any changes (see examples) in your near vision to your eye doctor immediately. Follow-up examination is crucial, as you may not notice any changes while your condition has progressed.



Macular degeneration is degenerative retinal disease that affects the center portion of retina called the macula. ARMD

Normal



Macular degeneration is degenerative retinal disease that affects the center portion of retina called the macula. ARMD

Possible symptoms of AMD