

# Macular Degeneration

Age-related Macular Degeneration (AMD) is a condition that causes damage and loss of function of the central part of the retina called the macula. AMD causes central vision loss for both near and far vision. Unfortunately, AMD is the leading cause of severe vision loss in people 65 years of age and older.

There is no cure for AMD. Treatment options for AMD are intended to prevent future vision loss. The most significant study regarding the treatment of dry AMD was the AREDS or Age Related Eye Disease Study. Published in October of 2001, the National Eye Institute (NEI) reported that people who have intermediate or advanced AMD benefit significantly by taking high doses of antioxidant/zinc supplements. Additional benefits were proven in the AREDS 2 Study in 2013 for adding Lutein and Zeaxanthin. The current recommendation from the NEI would include a daily dose of:

- Vitamin C 500 mg
- Vitamin E 400 IU
- Copper (as cupric oxide) 2 mg
- Zinc 25 mg
- Lutein 10 mg
- Zeaxanthin 2 mg

AREDS 2 formula eye vitamins are sold over the counter in many different forms. Some of the names are Focus Select, Preservision, I-Caps, or EyeVits. Look for the AREDS 2 formula. It is safe to continue your daily multivitamin while taking the AREDS formula. Notify your primary care doctor prior to starting any AREDS based formula.

\*\*\*We now offer genetic testing to our patients that specifies \*\*\*  
what supplementation is best for each individual.

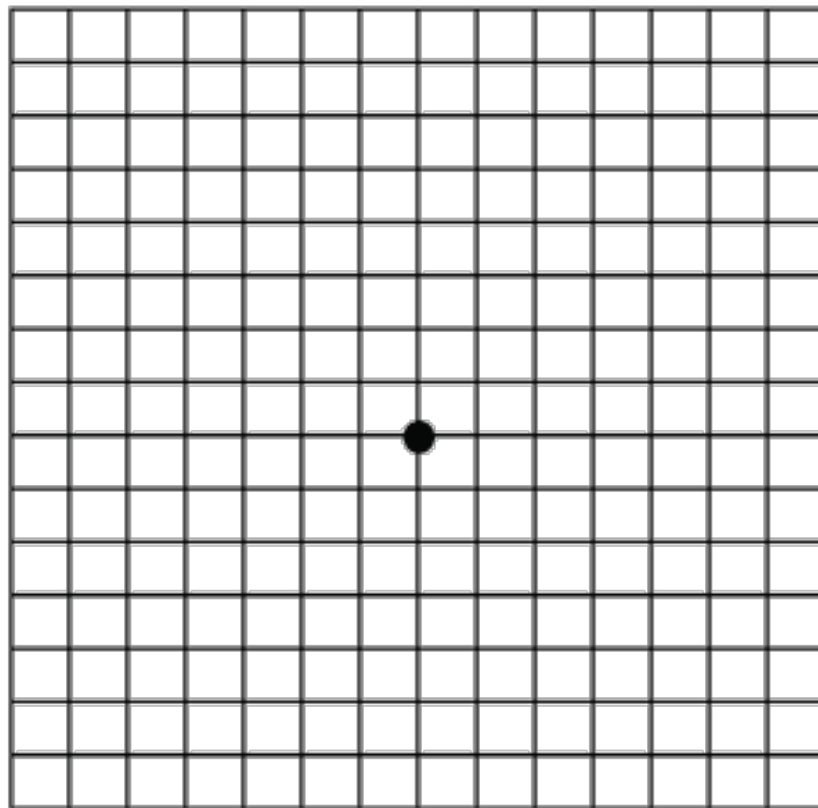
Controlling blood pressure, wearing ultra-violet protection glasses, a healthy diet with dark green leafy vegetables and smoking cessation are all recommended to help prevent the progression of AMD.

There are two main types of AMD - Wet and Dry. Ninety percent of patients who have AMD have the Dry form which causes gradual vision loss over many years. Wet AMD is much less common, but can cause severe vision loss quickly. Early detection and treatment of Wet AMD is very

important at preserving your vision. The Amsler Grid is an excellent screening tool that every patient with AMD should use on a regular basis to screen for Wet AMD. An home electronic device called FORESEE has been proven to be even better than the Amsler Grid.

#### HOW TO USE THE GRID

With your reading glasses on, hold the Amsler Grid at a distance that the chart is in focus. Cover one eye. Look at the dot in the center. Make sure all the lines are straight and the squares are present. Repeat with the other eye. Notify our office immediately if any of the lines become bent, wavy or absent on the grid. Do not wait to call because it may save your vision!



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The Health of Your Eyes is Our Focus

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