

Macular Degeneration

What is Macular Degeneration? Macular degeneration begins when the layers in the retina get disrupted and it result in central blurred and distorted vision. The macula is a particular area of the retina that we use for our central “20/20” vision. Early macular degeneration can start with accumulating deposits called drusen as well as minor scarring changes; this is known as the “dry” form. It can progress to the “wet” form, where abnormal blood vessels start growing and fluid leaks or bleeding starts in and under the macula. The “dry” form is a lot more common and only 10% of these patients advance to the “wet” form which is the more severe form of macular degeneration.

What are the Risk factors?

- Age: It is more common as we age and is termed Age Related Macular Degeneration (ARMD)
- Family History: there is a genetic link for getting macular degeneration.
- Caucasians: 30% over 75 have macular degeneration and it is rare in other races.
- Hyperopia (farsightedness) can increase chances of getting macular degeneration.
- Cardiovascular diseases, such as hypertension.
- Smoking and poor diet lead to a higher risk of macular degeneration.

What can I do decrease my risk of Advanced Macular degeneration?

- Routine eye exams since the early stages of macular degeneration have minimal symptoms.
- Monitor your eyes with an Amsler Grid daily to watch for progression from “dry” to “wet” form
- Stop smoking
- Control blood pressure
- Wearing Sunglasses
- Diet that contains colorful fruits/vegetables and green leafy vegetables
- AREDS 2 Formula vitamins can help reduce risk. This is also ok for previous smokers.

What is the treatment? The “dry” form is usually closely monitored by the eye doctor but not much treatment is available. The wet form can be treated to prevent further vision loss with injections and lasers. It is important to contact your eye doctor as soon as possible if you notice any drastic changes in your amsler grid, as timely treatment is very important.

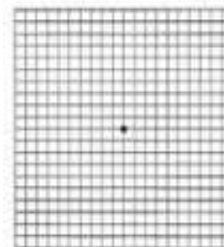


NORMAL VIEW

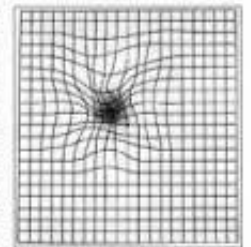


**VIEW WITH
MACULAR DEGENERATION**

Amsler Grid in Macular Degeneration



Normal



Abnormal