

FEBRUARY IS
AGE-RELATED MACULAR DEGENERATION
AWARENESS MONTH



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purpose



Age-related Macular Degeneration (AMD), is a leading cause of vision loss for Americans age 50 and older. It affects central vision, where sharpest vision occurs, causing difficulty conducting daily tasks such as driving, reading, and recognizing faces.

The key to slowing or preventing vision loss is regular eye exams. People age 60 or older should get a complete eye exam and follow-up with eye exams every one or two years or as indicated by the eye doctor. It is important to maintain a routine schedule of eye exams even if there are no noticeable vision problems.

SOURCE: AMERICAN ACADEMY OF OPHTHALMOLOGY

AMDAwarenessMonth

There are two types of Age-related Macular Degeneration (AMD), dry AMD and wet AMD.

About 8 out of 10 people who have AMD, have the dry form. Dry AMD is when parts of the macula get thinner with age and tiny clumps of protein called drusen grow, causing you to slowly lose central vision.

The other form is wet AMD, which is less common but much more serious. Wet AMD is when new, abnormal blood vessels grow under the retina. These vessels may leak blood or other fluids, causing scarring of the macula. You lose vision faster with wet AMD than with dry AMD.



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Genetics may influence
your risk for age-related
macular degeneration.

SOURCE: NATIONAL INSTITUTES OF HEALTH

AMD Awareness Month

Symptoms

In its early stages, the following signs of macular degeneration can go unnoticed.

- The gradual loss of ability to see objects clearly.
- The shape of objects appears distorted.
- Straight lines look wavy or crooked.
- Loss of clear color vision.
- A dark or empty area in the center of vision.

AMDAwarenessMonth

Causes and Risk Factors

- Hereditary
- Ultraviolet Light Exposure
- Smoking
- Poor Nutrition
- Lack of Exercise