3 Ways to Better Manage Your Eye Health If You Have AMD

See 3 ways to better manage multiple eye health conditions.

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1. Make regular doctor appointments

A monthly or quarterly checkup with your doctor is key to managing AMD. Your ophthalmologist or optometrist can help you understand your options and treatments available. They can also provide you with information about support services and resources that can help you in making informed decisions.

2. Take a holistic health approach

AMD can be prevented by maintaining a healthy lifestyle. Some strategies include eating a well-balanced diet, engaging in regular exercise, quitting smoking, and managing stress.

3. Take a supplement that has been proven to benefit

There are several supplements that have been shown to be beneficial for people with AMD. These include antioxidants, vitamins, and minerals. Be sure to talk to your doctor before starting any new supplement to ensure it is safe and effective for you.

Additional resources:

- AMD Foundation
- National Eye Institute
- American Academy of Ophthalmology

Learn more about AMD and how to manage your eye health.

Click here for more information on AMD prevention and management.