5 Ways to Help Reduce Your Risk of AMD Progression

A leading cause of blindness in older Americans is age-related macular degeneration

Bouch + Lamb (Phd Candidate)

Did you know that AMD affects more than 1 in 5 adults over 65 years old?

AMD is a progressive eye condition that damages the retina and the macula, the central part of the eye responsible for sharp vision. It affects people of all ages, but it is more common in older adults. AMD can cause vision loss and may lead to blindness if left untreated.

Help Reduce Your Risk for AMD Progression

There is no cure for AMD, but there are measures you can take to help reduce your risk of progression. Here are some tips to help you take care of your eyes:

1. Get a balanced diet

A diet high in fruits and vegetables can help improve your chances of reducing your risk of AMD. Eating foods rich in antioxidants, such as carrots, spinach, and leafy greens, can help protect your eyes.

2. Stop smoking

Smoking is a major risk factor for AMD. Quitting smoking can help reduce your risk of developing AMD later in life.

3. Protect your eyes from UV rays

Exposure to UV rays can increase the risk of AMD. Wear sunglasses that block out UV rays to protect your eyes from harmful rays.

4. Exercise

Regular exercise can help reduce the risk of AMD. Exercise helps maintain healthy blood flow to the eyes, which can help reduce the risk of AMD progression.

5. Consider an AREDS2 formula supplement

The National Eye Institute (NEI) recommends an AREDS2 formula supplement that can help reduce the risk of AMD progression. The supplement contains vitamins E and C, zinc, and copper, which are important for maintaining healthy blood vessels and macula.

As always, it is important to consult with your healthcare provider before taking any supplements to ensure they are safe and effective for you.

Click here to get valuable resources and coupons at SightMatters.com

1. National Eye Institute