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Age-related Macular Degeneration
Have AMD? Take Action.
An AMD Action Plan may help you reduce the risk of progression.
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5 Ways to Help Reduce Your Risk of AMD Progression

A leading cause of blindness in older Americans is age-related macular degeneration
by **Bausch + Lomb (Paid Content)**

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

AMD is a progressive eye condition that damages the macula, the part of the retina responsible for central vision, causing blurriness and potential loss of central vision. Vision loss can affect your ability to care for yourself, partake in day-to-day activities or see the moments that matter most in the lives of those you love. Many people do not realize that they are at risk of blindness from AMD until it is too late.

Help Reduce Your Risk for AMD Progression

There is no cure for AMD, and the exact causes are unknown. If you have been diagnosed with AMD, you can take action now to help reduce the risk of progression of vision loss by reducing common health risks closely linked to AMD.

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1. Eat a balanced diet

A diet high in saturated fats can lead to fatty deposits in your eye. You may be able to slow the progression of AMD by eating a balanced diet low in saturated fats and rich in fruits and vegetables – especially dark, leafy greens. Talk to your doctor before beginning or changing your diet. For a list of best foods to eat if you have AMD, visit [SightMatters](#).

2. Stop smoking

Just as smoking is damaging to your body, cigarette smoke can also damage your vision by harming your retina and reducing blood flow to vital areas in the eye. Quitting smoking can be quite challenging. Get tips and resources at [SightMatters](#) to help you or a loved one break the habit.

3. Protect your eyes from UV rays

Too much exposure to UV rays can speed up the progression of AMD. Protect your eyes from UV rays by confirming that your sunglasses have adequate UVA and UVB protection. Also, consider wearing a wide-brimmed hat and spending less time outside during 10am and 4pm when UV rays are the strongest. Visit [SightMatters](#) to learn more about protecting your eyes from harmful rays.

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4. Exercise

Exercise and overall good health is proven to help reduce the risk of progression of AMD. Get 30 minutes of exercise – such as brisk walking, light jogging, or biking – at least three days a week. Always consult your doctor before beginning a new exercise routine. To learn more about how adding exercise to your routine can help reduce your risk of AMD progression, visit [SightMatters](#).

5. Consider an AREDS 2 formula supplement

The National Eye Institute (NEI) recommends an AREDS 2 formula supplement that has been proven to help reduce the risk of AMD progression in people with moderate to advanced AMD. The NEI has tested and refined the formula over a period of 20 years. Based on its research, the NEI has continuously recommended the AREDS2 nutrient formula to help reduce the risk of progression in patients with moderate to advanced (AMD). Talking to your doctor and keeping your scheduled eye appointments should be a critical part of your action plan. For a list of questions to ask your doctor, visit [SightMatters](#).

It's important to know that standard multivitamins or eye vitamins typically do not contain the same levels of clinically proven nutrients. Ask your doctor if an AREDS 2 formula supplement is right for you.

If you have AMD, you are not alone. Schedule your annual eye exam and ask your doctor if an AREDS 2 Formula supplement is right for you.

Click here to get valuable resources and coupons at [SightMatters.com](#)

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(Age-related Macular Degeneration)

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Is your eye health missing a critical piece?

PreserVision AREDS 2 contains the most-validated formula recommended by the National Eye Institute to help reduce the risk of progression to advanced AMD progression.

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