

Q1 2020

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Do You or a Loved One Have AMD (Age-Related Macular Degeneration)?

This action plan could help reduce your risk of moderate-to-advanced AMD progression

by **Bausch + Lomb (Paid Content)** | Comments: 0

It's your vision – fight back.

Vision loss and losing the ability to care for yourself and partake in everyday activities can be challenging. Affecting 1 in 7 older adults, 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, potentially resulting in blindness.

While there is no cure for AMD, it may be possible for you or your loved one to continue to live a full life by actively monitoring your AMD progression. Talk to your doctor about a plan to help reduce the risk of AMD progression that can include these three simple steps.

1. Schedule a Dilated Eye Exam

There are some signs and symptoms of AMD progression that can only be detected by a doctor. It's important that you make and keep your regularly scheduled appointments and get an annual dilated eye exam.

To make the most of your eye exam appointments, ask your doctor questions, including:

- Is my AMD progressing?
- What type of AMD do I have?
- Are both my eyes affected?
- Are there lifestyle changes I should consider to help reduce my risk?
- Is an AREDS2 formulation supplement right for me?

2. Monitor Your Vision Weekly

Keep an Amsler Grid handy at home to monitor your vision on a weekly basis. Many people secure it on their refrigerator for ease of use and serves as a daily reminder.

It's easy to use

Wear your glasses or contact lenses and hold the Amsler Grid at a comfortable reading distance.

Covering one eye at a time, hold your gaze on the center of the grid on the dot.

The squares of the grid should appear uniform in shape and clear with straight, black lines.

Contact your doctor if you notice any wavy or bent lines, different square sizes or shapes, or if any part of your vision is blurred, missing or discolored.

3. Take Your Supplements

The National Eye Institute (NEI) recommends an AREDS2 formulation supplement that is backed by 20 years of clinical studies. Only PreserVision AREDS2 formula eye vitamins contain the exact levels of six clinically-proven nutrients recommended by the NEI to help reduce the risk of moderate to advanced AMD progression:

1. Vitamin C (500 mg)
2. Vitamin E (400 IU)
3. Zinc (80 mg)
4. Copper (2 mg)
5. Lutein (10 mg)
6. Zeaxanthin (2 mg)

You are not alone and there is something you can do, starting today. Schedule your annual dilated eye exam and ask your doctor if an AREDS2 formulation supplement is right for you.

Your eyes are everything.

[Click here to get the Free AMD Welcome Kit that includes coupons, resources and an Amsler Grid to monitor your vision.](#)

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