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What's This?
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Take Action to Help Protect Your Vision - Starting Today

What every adult over age 50 should know about AMD

by **Bausch + Lomb** (Paid Content)



INTRODUCTION

Age-related Macular Degeneration (AMD) is a progressive eye condition that damages the central part of the retina, the light-sensitive layer at the back of the eye. AMD affects 1 in 3 adults over the age of 60. Many people don't realize they are at risk of blindness from AMD until it is too late.

The following information may help you or a loved one protect your vision.

Take the Quiz

To Find Out If You Are Doing Enough To Help Protect Your Vision

Which of these statements are true?

I get an annual dilated eye exam.

Make Your Eye Health a Priority

Understandably, in these challenging times it can be more difficult to see your doctor, get treatment, or get an annual checkup. But staying vigilant about your health is so essential to your overall quality of life.

Small steps can help you reduce your risk of vision loss or its progression. Here's what you need to know:

All Adults Over 50 – Be Aware of Risk Factors for AMD

1. **Don't smoke** - Cigarette smoke may damage the retina and can reduce blood flow to the eye tissue, potentially leading to AMD or increasing the risk of progression.
2. **Avoid a high-fat diet** - This can lead to fatty plaque deposits in the eye, increasing the risk of AMD.
3. **Get regular dilated eye exams** - AMD can only be diagnosed by your eye doctor.
4. **Watch your numbers** - Keep your weight, cholesterol, and blood pressure at healthy levels.



Some risk factors you cannot control include your age, family history, skin/eye color (people with light-colored skin and eyes), and gender (women get AMD more often than men).

Patients With AMD- How to Help Reduce Your Risk of Progression

If you have been diagnosed with AMD, make a plan with your doctor that may include some of the steps below:

1. **Keep your eye doctor appointments** - Certain changes in AMD may only be detected by a qualified eye care professional during a dilated eye exam.
2. **Maintain overall health** - Obesity, high blood pressure, and high cholesterol may contribute to the development of advanced AMD.
3. **Exercise regularly** - Exercise has been shown to reduce the risk of progression of AMD. Try to commit to 30 minutes, three times a week.
4. **Eat right** - You may be able to slow the progression of AMD by eating a balanced diet rich in fruits and vegetables, especially dark, leafy greens.
5. **Monitor your vision weekly** - Use the Amsler grid to monitor any changes in your vision.
6. **Take an AREDS 2 formula eye vitamin** - Talk to your doctor about taking an AREDS 2 vitamin to help reduce the risk of moderate to advanced AMD progression.

Early AMD vs. Advanced AMD Simulation

1. Vitamin C (500 mg)
2. Vitamin E (100 mg)
3. Zinc (80 mg)
4. Copper (2 mg)
5. Lutein (10 mg)
6. Zeaxanthin (2 mg)

If you have AMD, talk to your doctor about an AREDS 2 formula eye vitamin and monitor your vision weekly using an Amsler grid. Always consult with your doctor if you see changes in your vision.


Small steps today can help pay off big down the road. Use the tips above to help you protect your vision and don't miss out on life's beautiful moments.

Click here to get eye health resources like the Amsler Grid to monitor your vision, the latest scientific information, coupons, and to join SightMatters.com.

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1