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

The latest scientific findings continue to provide hope to so many  
by **Bausch + Lomb (Paid Content)**




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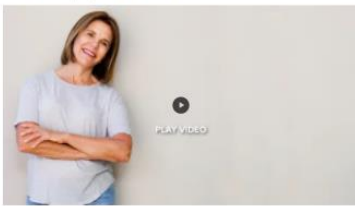
AMD is a progressive eye condition that damages the macula, the part of the retina responsible for central vision, causing blurriness, distortion, and potential loss of central vision.

The thought of vision loss and losing the ability to care for yourself and partake in everyday activities is hard to imagine. But you have the power to take action to help protect your vision by making some lifestyle changes and staying well informed about scientific results of AMD clinical studies.

### How You Can Help Reduce the Risk of Moderate-to-Advanced AMD Progression

There's no known way to repair the macula and reverse age-related macular degeneration, so managing AMD is geared toward efforts to help slow its progression.

As this video shows, there are things you can do to help reduce your risk of AMD progression. The main preventative measures you can take are: don't smoke, maintain a healthy diet, get regular exercise, and wear UV-protected sunglasses. Getting an annual eye exam and talking to your doctor about changes in your vision is also critical.



PLAY VIDEO

### New National Eye Institute Data Shows AREDS 2 Nutrient Formula Continues to Reduce the Risk of Moderate-to-Advanced Age-Related Macular Degeneration Progression

"For more than 20 years, Bausch + Lomb has been collaborating with researchers at the NEI to help eye care professionals and the 11 million Americans who are impacted by moderate to advanced AMD," said Joe Gordon, U.S. president, Bausch + Lomb.

### Results Provide New Evidence of the Recommended Formula Determined in the AREDS2 Study

New data announced from the National Eye Institute (NEI) 10-Year Follow-on Study Results of the Age-Related Eye Disease Study 2 (AREDS2), reaffirms the clinical outcomes of the AREDS2 study. Based on this data, the NEI continues to recommend a specific nutrient formula to help reduce the risk of progression in patients with moderate to advanced AMD.<sup>1</sup> That formula is currently found in Bausch + Lomb PreserVision® AREDS 2 Formula eye vitamins, which was provided to participants in the last five years of the follow-on study.

"These new, longer-term results from the NEI build on the findings of previous AREDS studies, which show that a precise mix and dosage of specific vitamins, minerals and antioxidants can help reduce the risk of progression in people who have moderate to advanced AMD," said Rishi P. Singh, M.D., professor of ophthalmology, Kumar College of Medicine, and staff surgeon at the Cole Eye Institute, Cleveland Clinic, Cleveland, Ohio. "These findings further clarify the importance of an AREDS2 supplement as part of a patient's plan, and the need for eye care professionals to provide a specific recommendation for this formulation in appropriate patients."

The NEI's 10-Year Follow-on Study of AREDS2 analysis included 3,887 people (6,360 study eyes) with intermediate to advanced AMD over a 10-year period. The study further validated the original findings about the AREDS 2 formulation with 80mg of zinc and provided support for the continued benefits of lutein and zeaxanthin, which were shown to have an incremental beneficial effect as compared to beta-carotene.


Talk to your doctor about your AMD action plan and ask if an AREDS 2 Formula eye vitamin is right for you.

[Click here to get more information about AMD at SightMatters.com](#)

PreserVision is the most studied eye vitamin brand backed by 20 years of clinical studies.<sup>1</sup>

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<sup>1</sup> National Eye Institute, 2021.

**About the AREDS and AREDS2 Study Results**

The AREDS and AREDS2 studies are landmark clinical studies conducted over 20 years by the NEI. The AREDS study in 2001 demonstrated that taking a specific combination of antioxidants and zinc could help reduce the risk of progression of AMD in those with moderate to advanced AMD. In 2012, the NEI completed the AREDS2 study, which tested several changes to the formulation, such as adding omega-3 fatty acids, substituting lutein and zeaxanthin for beta-carotene, and/or reducing zinc. The current AREDS 2 nutrient formula recommended by the NEI is the result of this study. The NEI 10-Year Follow-on Study results evaluated the long-term results of participants who were involved in the AREDS2 study.

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