

# Age-Related Macular Degeneration (AMD)

Age-related Macular Degeneration is a progressive disease that causes a loss of central vision. The retina is responsible for capturing light which enters the eye. AMD occurs in the macula, a unique area of the retina that lets us see fine details and color. There are two forms of AMD, which damage the macula in different ways:

**Dry AMD** – changes in retinal tissue cause vision to slowly decline and the presence of deposits in the macula are common. These deposits are called drusen and are an indicator of unhealthy retina support cells.

### Recommended Treatment:

- UV protection (sunglasses) while outside
- No smoking
- Healthy diet, especially green leafy vegetables
- Antioxidant vitamins
- Amsler grid use to monitor vision
- Follow-ups every 6 months

**Wet AMD** – the growth of abnormal blood vessels in or under the macula which leak blood and fluid. This can lead to a more rapid loss of central vision and prompt treatment is important. About 10% of patients with Dry AMD will eventually develop Wet AMD.

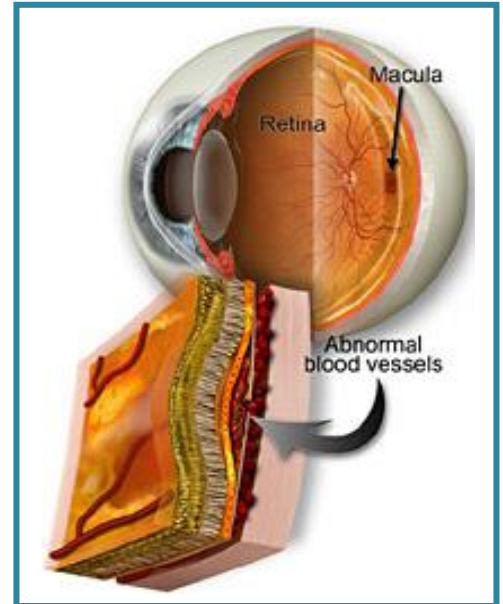
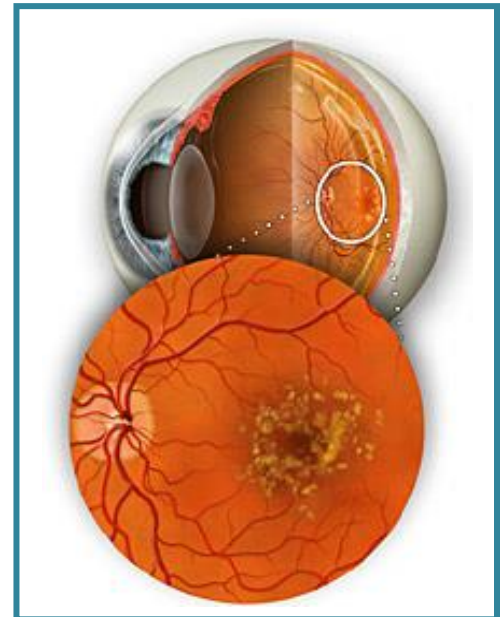
### Additional Treatment may include:

- Lucentis injections\*
- Laser photocoagulation

### Your Diagnosis:

Right Eye:  Dry  Wet

Left Eye:  Dry  Wet



\* Lucentis injections are the only FDA-approved treatment shown to stabilize the disease process in Wet AMD and improve vision in some patients.

## Nutritional Therapy for Macular Degeneration

Macular degeneration is the leading cause of severe vision loss in people over 60. This condition affects both distance and close vision and can make some activities like threading a needle or reading very difficult or impossible. Although the exact causes of AMD are not fully understood, data suggests that aging effects result in reduced levels of antioxidants and carotenoids (lutein, zeaxanthin) in the retina which reduce your eyes natural protection against ocular damage from environmental light/sunlight.

Studies show that retina levels of sight saving antioxidants and carotenoids are depleted by 30-40% in macular degeneration. Furthermore, proper nutritional supplementation may be able to raise the levels back to normal.

### **NUTRITIONAL SUPPLEMENTATION SAVES VISION!**

The **AREDS** (the Age-Related Eye Disease Study) study found that dietary supplement with high dose antioxidant vitamins & minerals lowered the risk of vision loss in macular degeneration by 25 to 30 percent. Other studies have shown that supplementation with high doses of lutein further reduce the risk of vision loss. Zeaxanthin and Omega 3 may help as well. It's estimated that if only half of the people with macular degeneration in America would supplement their diet **150,000 cases of blindness could be prevented each year.**

**MacuTab** is a nutritional supplement that can play a key role in protecting you against macular degeneration. MacuTab provides a convenient, low cost source of sight saving doses of antioxidants, minerals, lutein and zeaxanthin that the retina needs to stay healthy. While nutritional supplementation can help preserve vision it is not a cure for macular degeneration and proper supervision by an eye care professional is recommended.

