

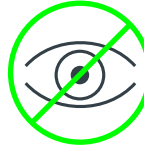
FEED YOUR EYES

AGE-RELATED MACULAR DEGENERATION (AMD) FACTS AND LIFESTYLE TIPS

Macular Degeneration is a multifactorial condition affecting the functioning of the macula. The macula is the part of the eye, located in the retina, responsible for our central vision, colour vision and definition.

1 in 3

Age Related Macular Degeneration (AMD) is the leading cause of blindness in the developed world. It is thought to affect 1 in 3 people over the age of 75¹



World Health Organization lists AMD as the 3rd biggest cause of blindness globally after cataract and glaucoma²

1/3

Projections suggest that the number of people living with sight loss will increase by a third between now and 2030³



Over half of AMD patients believe that AMD could be prevented by lifestyle choices such as nutrition⁴

AMD RISK FACTORS

>50

Age – over 50s



Family history of AMD



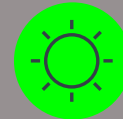
Gender – mainly female



Smoking

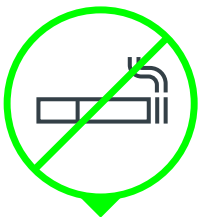


Dietary factors



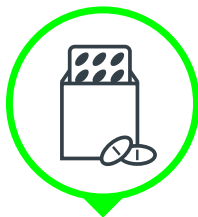
UV & Blue light exposure

LIFESTYLE RECOMMENDATIONS FOR AMD



Stop Smoking

Our eyes need oxygen to work well but smoking can reduce the amount of oxygen in the bloodstream



Nutritional Supplements

A combination of vitamins and antioxidants may help to reduce the progression to advanced AMD



Healthy Diet

Eat a healthy diet rich in vegetables like carrots, bell peppers and spinach



Exercise Regularly

Modification to diet and exercise may help lower the risk of AMD



Reduce Exposure to UV light

Wearing sunglasses and a wide-brimmed hat will help protect your eyes from UV light



IMPORTANT

Book an eye test every two years. If something goes wrong in the meantime, see your local optometrist or visit your GP.

REFERENCES:

1. Age-related Macular Degeneration (AMD) A Patient's Guide, Fighting Blindness 2017.
2. Global data on Visual Impairments 2010, World Health Organization, 2012.
3. The State of the Nation Eye Health 2016, RNIB and Specsavers, 2016.
4. Practical Guidelines for the treatment of AMD, Supplement to Review of Optometry, 2017.



www.scopeeyecare.com