

“Protecting Sight with
Precision Care.”



Macular Degeneration (AMD)

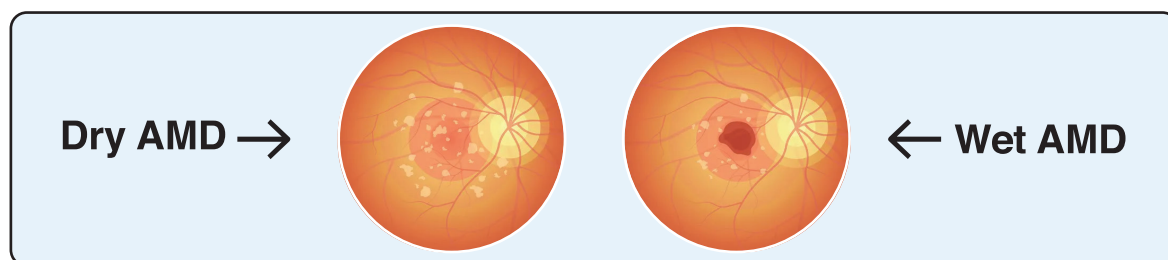
SECTION 1 — WHAT IS IT? (Disease Overview)

Macular Degeneration is an eye condition that affects the macula, a small but critical part of your retina. The retina sits at the back of your eye and helps you process light. The macula is responsible for sharp, detailed vision, the kind you use to read, recognize faces, drive, or see fine details.

When the macula starts to break down, your central vision becomes blurry, distorted, or may develop a blind spot. Your side vision usually stays normal.

Age-related Macular Degeneration, also called AMD, is one of the most common causes of vision loss in people over 50. Millions of people live with it. The good news is that with early detection and proper care, it can often be managed effectively.

SECTION 2 — TYPES OF AMD



Dry AMD (Atrophic AMD)

This is the most common type, affecting around 80 to 85 percent of people with AMD. It develops slowly over time first with deposits that form under the macula and then thinning (called atrophy) of the macula. Vision loss is gradual and typically progresses through early, intermediate, and late stages.

Wet AMD (Neovascular AMD)

This form occurs in a subset of dry AMD patients and but is more serious. It happens when abnormal blood vessels grow under the retina and start leaking fluid or blood. Vision loss can happen quickly, which is why early treatment is critical.

SECTION 3 — SYMPTOMS (What Will I Feel or Notice?)

In the early stages, AMD typically shows no symptoms at all. That is why regular eye check-ups are important, especially after the age of 50.

As the condition progresses, you may notice:

- Blurry or dim central vision
- Trouble reading, driving, or recognizing faces
- Straight lines appearing wavy or distorted
- A dark or empty spot in the center of your vision
- Colors looking dull or less vibrant

With Wet AMD, these symptoms can appear suddenly and get worse quickly. Any sudden change in vision should be taken seriously and checked immediately.

SECTION 4 — CAUSES & RISK FACTORS (Why Do I Have This?)

Why Does This Happen?

AMD is mainly linked to aging changes in the retina. Over time, small deposits called drusen build up under the macula. These deposits interfere with how the retina functions. In Wet AMD, the body forms new blood vessels that are weak and unstable. These vessels leak fluid or blood, damaging the retina further.

Who Is at Higher Risk?

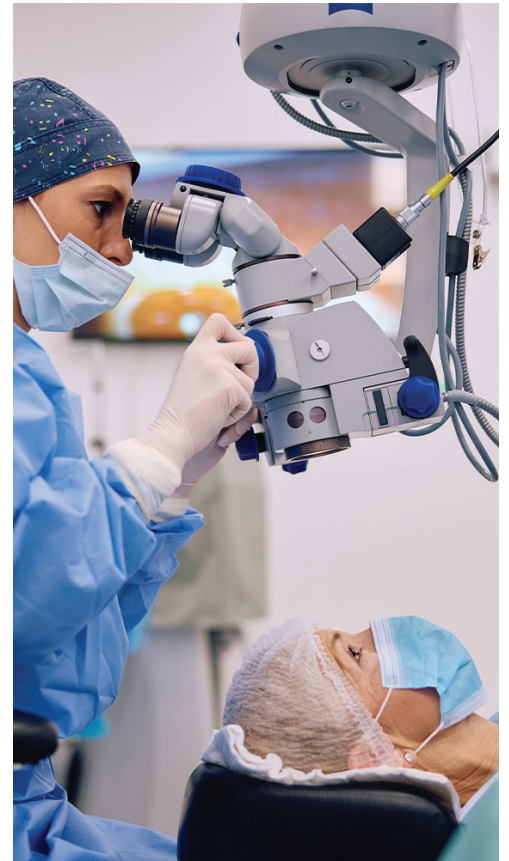
- Age 50 and above
- Family history of AMD
- Smoking, which significantly increases risk
- Lighter skin tones
- Long-term exposure to sunlight without protection
- High blood pressure or heart-related conditions
- Obesity or a diet lacking leafy green vegetables



SECTION 5 — DIAGNOSIS (How Will My Doctor Check?)

Diagnosing AMD is simple and painless. Doctors use a combination of exams and imaging to assess your retina.

- **Dilated Eye Exam:** Eye drops are used to widen your pupils so the retina and macula can be examined closely.
- **OCT Scan (Optical Coherence Tomography):** A non-invasive scan that captures detailed images of the retina. It is quick and does not involve any discomfort.
- **Fluorescein Angiography (as needed):** A dye is injected into your arm to highlight blood vessels in the retina. This helps detect leakage or abnormal growth.
- **Amsler Grid Test:** A simple grid test that you can also use at home to monitor changes in your vision.



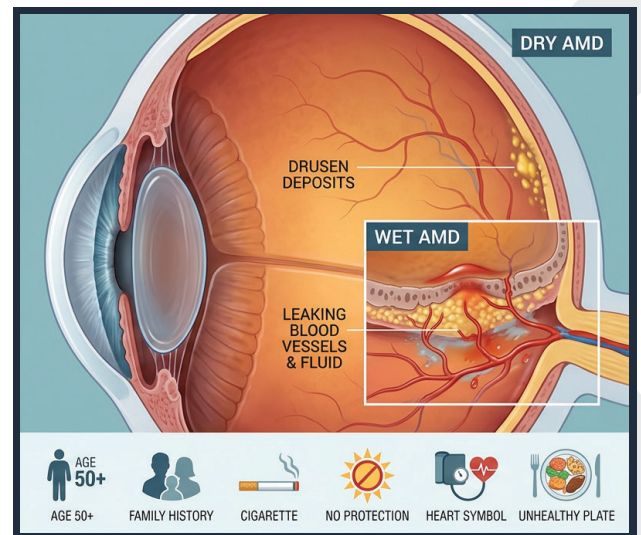
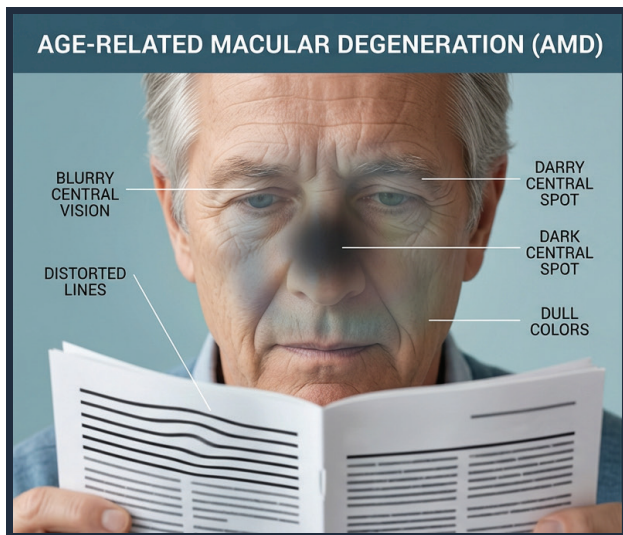
SECTION 6 — TREATMENT (What Can Be Done?)

There is no complete cure for AMD yet. But treatment can slow it down significantly and help preserve your vision, especially when started early.

- **For Dry AMD:**
 - Nutritional supplements:** Specific vitamins and antioxidants, supported by the AREDS2 study, can help slow progression in certain stages.
- **Lifestyle changes:** Quitting smoking, eating leafy greens, wearing sunglasses, and maintaining a healthy weight all make a difference.



- **Photobiomodulation (specialized light therapy)** can help stabilize vision loss and minimize risk of future complications. Intravitreal injections can help slow down progression of advanced dry AMD (called geographic atrophy).
- **Regular monitoring:** Routine check-ups help detect any shift to Wet AMD early, when treatment works best.
- **For Wet AMD:**
Anti-VEGF injections: These are the most effective treatment. Small injections are given into the eye under local anesthesia to stop abnormal blood vessel growth and reduce leakage.
- **Ongoing monitoring:** Regular imaging helps track how well the treatment is working and allows adjustments when needed. Many patients are able to stabilize their vision, and some even see improvement with consistent care. The focus is on protecting the vision you have and preventing further damage.



SECTION 7 — WHEN TO SEE YOUR DOCTOR IMMEDIATELY

Seek medical attention right away if you notice:

- Sudden loss of central vision
- Rapid increase in distortion or wavy lines
- New floaters or flashes of light
- A shadow or dark curtain spreading across your vision

Any sudden change in vision is not something to ignore. Early treatment makes a big difference.

Important Note:

This information is meant to guide you, not replace medical advice.

Always consult your doctor.