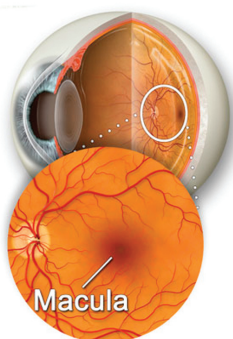


Macular Degeneration

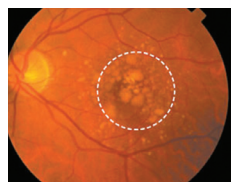
What is it? Are you at risk for it?

Macular Degeneration, also referred to as Age-Related Macular Degeneration (ARMD), is a deterioration to your most central vision. When you focus on an object, you are using an area of the retina called the macula. The macula is responsible for your 20/20 vision, your reading vision, your ability to recognize faces, and allows you to see objects in fine detail. If this area becomes damaged, your vision diminishes. If you have ARMD, you may eventually experience blurriness, darkness in your vision, and areas of distortion in your vision.



There are two different types of ARMD: dry and wet.

Dry ARMD is the most common, slowest in its changes, and least visually detrimental. It is identified during an examination by the presence of drusen, which are small whitish-yellow deposits in the macula. These drusen disturb the light-sensing cells of the retina. Dry ARMD is monitored very closely for any changes. Unfortunately, there is not a lot that can be done for this type, especially in its earliest stages.



Wet ARMD is the least common (about 10%) and most visually significant. Vision loss occurs to a larger degree due to growth of fragile blood vessels that leak and cause retinal bleeding and scarring. Newer laser treatments and injections

Please see reverse side...

The site for your sight.



have been found to be helpful in slowing its destructive course and limiting its progression and visual loss.

If you are sixty years or older or have a family history of macular degeneration, it is important to have an eye examination yearly! *Earlier detection allows for a better chance of maintaining your vision.*

What can you do if you have been diagnosed with ARMD?

- ✓ Diets rich in antioxidants
Diets rich in Omega-3 fatty acids
- ✓ Use of sun protection
- ✓ Stop smoking
- ✓ Reduce cholesterol.

Sometimes if you are diagnosed with ARMD, it is important to get a

baseline evaluation with a retinal specialist. The retinal specialist will be aware of any new studies or treatments that may benefit you as well. If you need this type of consult, I will be happy to schedule the appointment for you. Otherwise, I will likely recommend yearly examinations and would be happy to pre-appoint them prior to your leaving the office.

If you ever have any questions, please feel free to ask. No question is too silly! Your vision is important to me.

Thank you for choosing Full Spectrum Family Vision Care for your eye care needs!

Heather L.
TRAPHEAGEN, O.D.