Age-Related Macular Degeneration (AMD)

1. Proper Nutrition is scientifically proven to slow AMD
   a. Eat a diet rich in green, leafy vegetables (e.g., kale, collard greens, spinach).
   b. Vitamins C, E, zinc, and copper have been proven to reduce the progression of dry macular degeneration to wet disease and to reduce the rate of visual loss over time.
   c. Lutein and zeaxanthin, pigments found naturally in green, leafy vegetables, have also been proven to slow AMD.
   d. Proper amounts of the above nutrients are available in such over-the-counter products as iCaps and Preservision. Look for the “AREDS 2” formula.

2. Live a Healthy Lifestyle – The risk factors for heart disease are the same for AMD
   a. Stop smoking
   b. Keep your blood pressure and cholesterol well-controlled
   c. Exercise
   d. Maintain a healthy weight
3. Know your family history and inform your family if you have AMD.

4. Test Your Eyes Daily with the Amsler Grid
   a. Place this chart at eye level in a well-lit area.
   b. Hold this chart about 12 inches away.
   c. Wear your reading glasses.
   d. Test one eye at a time; fully cover each eye.
   e. Focus on the center dot and call your doctor immediately if any lines or squares are wavy, blurred, or missing.