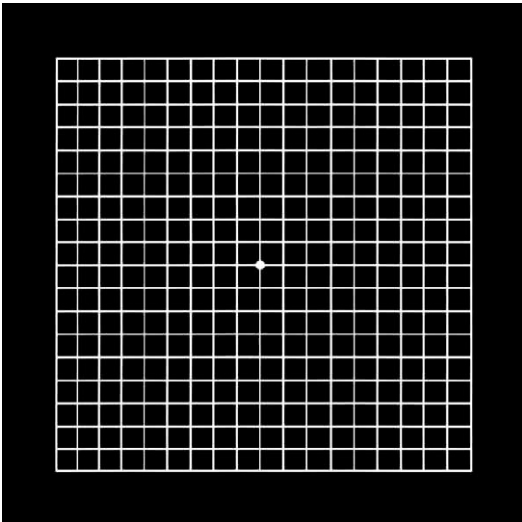


# Detection and treatments



## Monitor your vision regularly.

To use the Amsler grid:

1. Wear your eyeglasses or contact lenses.
2. Hold grid at comfortable reading distance
3. Cover one eye at a time
4. Stare at center dot; do not let your eye drift
5. Contact your eye doctor immediately if a straight line appears wavy or bent, a box differs in size or shape or any area is missing, blurry, discolored or distorted.

## MD Symptoms: Blurriness, Distortion of Images, Loss of central vision.



## Early detection

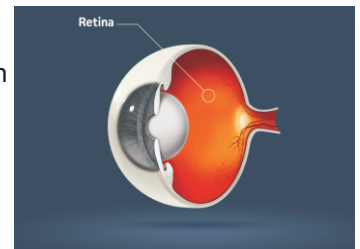
The earlier changes in your retina are identified, the more effective and less invasive the treatments are. Review family history and have regular dilated eye exams.

## Treatment Options

**Wet MD treatments:** The key to successful treatment is early detection. When started promptly, treatment for wet (neovascular) MD can prevent the further loss of central vision. The target of the intervention is to slow, or stop the progression of the disease.

**Injections:** Vascular endothelial growth factor is a protein secreted in your eyes in higher than normal levels with neovascular MD. Anti-angiogenesis drugs (Avastin, Eyelea, Lucentis and Macugen) block new blood vessel growth preventing leakage from those vessels.

**Photocoagulation:** A laser is used to destroy new blood vessels. Most effective when the blood vessels are away from the macular region.



**Dry MD treatments:** The goal of these treatments is to slow the progression of the disease and stall additional vision loss. Once again, early detection is of vital importance.

**Protect your eyes** from additional exposure to harmful high energy light:



**Wear Ultraviolet and HEV** sunglasses outside.

**Wear blue light absorptive** eyewear inside, particularly when using digital devices.

**Eat well;** Dark green leafy vegetables like spinach, kale, mustard greens and collard greens contain high levels of lutein, a critical antioxidant. Antioxidants are also present in fruits and vegetables with bright color, including red grapes, peppers, corn, oranges, cantaloupe and mango. Look for fresh produce in a variety of colors to get a wide range of vitamins in your diet.

**Pump up** your cardiovascular system by getting exercise at least three days a week.

Few foods contain sufficient levels of the necessary pigments. **Dietary supplements** are the best way to maintain adequate carotenoid levels. Consider supplements: Dietary supplements have been proven to slow the progression and vision loss from MD. The Age-Related Eye Disease Study (AREDS) is extensive ongoing research of MD which led to a recommended vitamin formulation that reduced the risk of the progression MD. **AREDS 2 is available as an over the counter supplement.**