



THE RISK & MANAGEMENT OF

Age-related Macular Degeneration

AMD

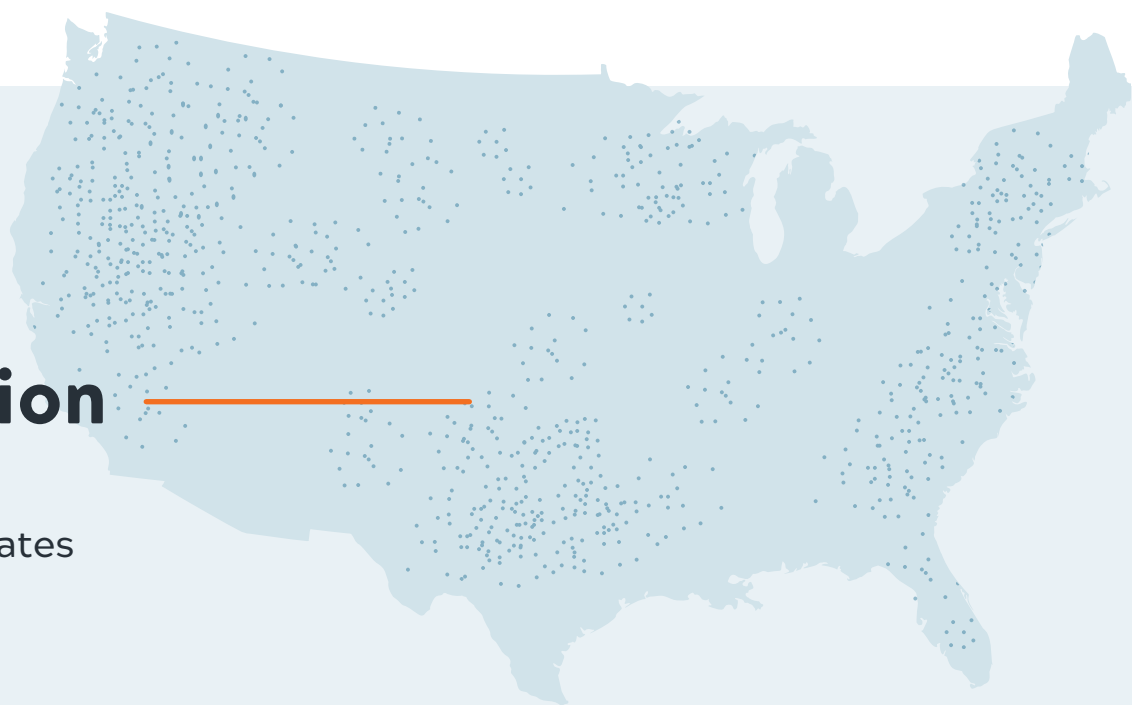
Introduction to AMD

Age-related macular degeneration (AMD) is the world's leading causes of irreversible blindness in people over 50. Studies show that AMD may be hereditary, and it's recommended that anyone with a family history of AMD should have their eyes examined.

More than

10 Million

have AMD in
the United States



2050

2x

2020

10 M

2000

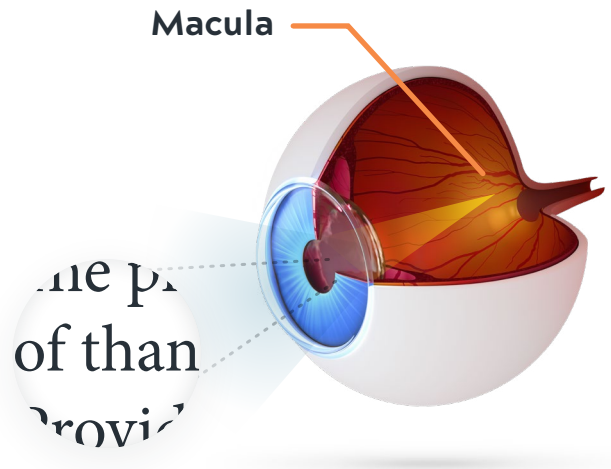
1.75 M

By 2050,

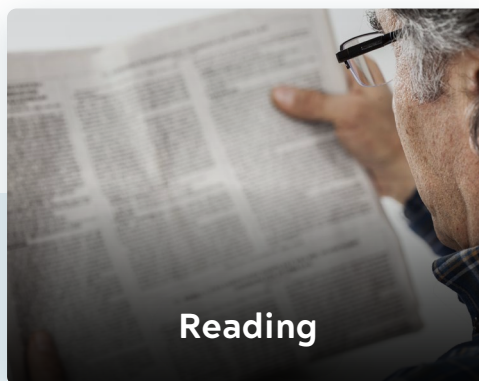
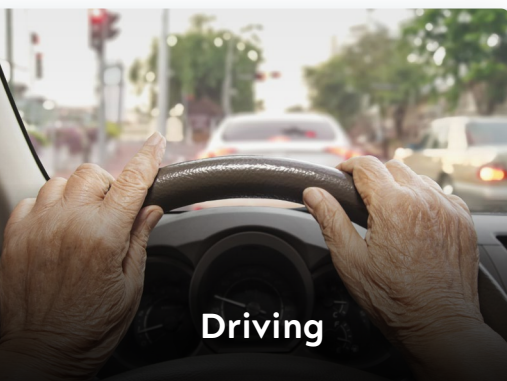
the estimated number of
people with AMD is expected to

more than double.

AMD affects the macula at the back of your eye, **the part of the retina that lets you see fine detail**, like images directly in front of you or words on a page.



AMD affects central vision.



AMD is not painful and can occur in one or both eyes. How quickly the disease progresses varies from person to person, and from eye to eye. **When the disease advances rapidly, it may lead to sudden and severe vision loss.**



There are two forms of AMD – dry and wet.

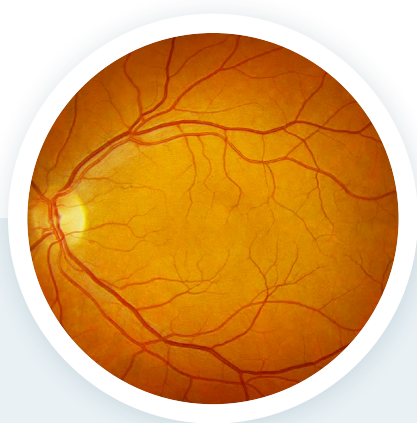
Dry AMD

In dry AMD, yellow-colored fatty deposits called “drusen” build up in the cells of the macula.

These can be detected by your eye doctor during a comprehensive eye exam. As the size and number of these deposits increase in the cells of the macula, so does your risk of developing wet AMD.

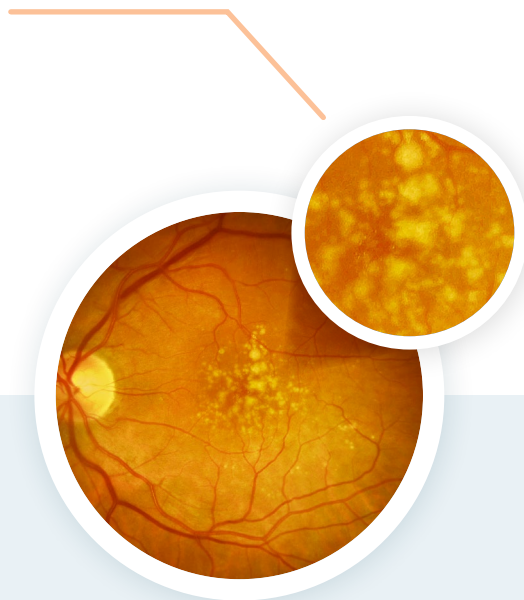
WHAT YOUR EYE DOCTOR SEES

Drusen: yellow-colored fatty deposits that build up in the cells of the macula



Normal Retina

VS



Intermediate Dry AMD

i

Dry AMD vs. Dry Eye

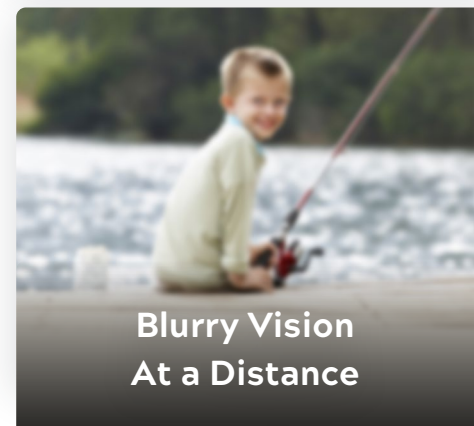
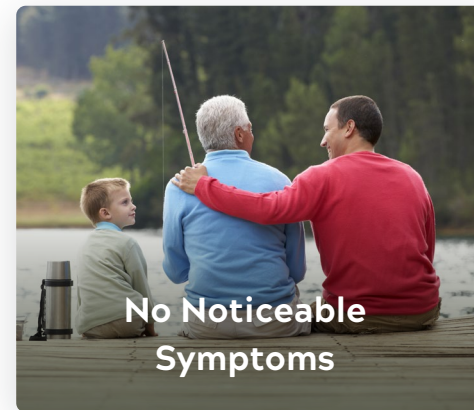
Dry AMD is not the same as “dry eye” and there is no connection between the two. Someone with dry eye doesn’t have enough quality tears to lubricate and nourish the eye. Dry eye affects the front, outside part of the eye whereas dry AMD affects the back, inside part of the eye.

DRY AMD SYMPTOMS

Symptoms may include blurry vision, such as difficulty seeing sharp details, both up close and from a distance. However, many people with intermediate dry AMD have no symptoms at all, or do not notice any of these changes in their vision over time.

There is no treatment for dry AMD, and it can suddenly change to wet AMD without advance notice.

The chances of your dry AMD progressing to the more severe wet stage increases as the disease progresses over time. In some cases, your chances of converting from dry to wet AMD within in the next 5 years can be more than 50%.



WET AMD

About 10-15% of people with dry AMD progress to a more advanced form called wet AMD.

In wet AMD, abnormal blood vessels can suddenly leak fluid in the back of your eye without notice. It destroys the sharp, pinpoint vision needed to see clearly, which can cause permanent vision loss if left untreated. Wet AMD is also known as “neovascular” or “exudative” AMD.

WHAT YOUR EYE DOCTOR SEES

Blood Leakage: caused by abnormal blood vessels suddenly leaking in the back of the eye



Intermediate Dry AMD

VS



Wet AMD

PROGRESSING FROM DRY AMD TO WET AMD

When you have wet AMD, your central vision becomes distorted. Symptoms include:



Blurry vision



Distortion of vision, straight lines look wavy



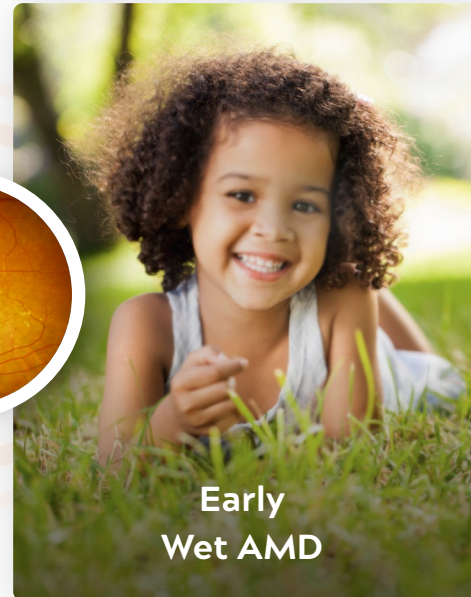
Dark spot (or spots) in the center of your vision

Wet AMD can severely impact your quality of life and limit your independence. It can make many of the activities you enjoy and rely on impossible; like driving, reading, watching television, and using a computer.

Rapid and severe vision loss can happen very quickly if treatment is delayed. You may not notice any changes in your vision until significant vision loss has occurred.



Intermediate Dry AMD



Early Wet AMD



Advanced Wet AMD

Reducing the Risk & Importance of Early Detection

There are important steps you can take to reduce your risk of developing wet AMD:

- Making healthy lifestyle choices—like not smoking, maintaining a healthy weight, and eating green leafy vegetables, fish and regular exercise
- Taking vitamins recommended by your eye doctor



Catching the progression from dry to wet AMD as soon as possible is critical to prevent irreversible vision loss.

It gives you the best chance of maintaining the vision you rely on every day and your independence.



Wet AMD Treatment

Unlike dry AMD, there are effective treatments for wet AMD.

Studies have shown that these treatments are most effective when initiated early, before any symptoms are noticed and vision loss has occurred.

- > The disease will continue to progress until treatment begins
- > These treatments can stop or slow the progression of wet AMD but cannot restore vision that has already been lost



Most Common Treatment

Anti-VEGF agents
(injections)

Other treatments for wet AMD include:

- > Thermal Laser Treatment
- > Photodynamic Therapy with Verteporfin

Monitoring Your Vision

Proactively monitoring your vision with at-home testing is the key to the earlier detection of wet AMD in between your eye doctor's visits.

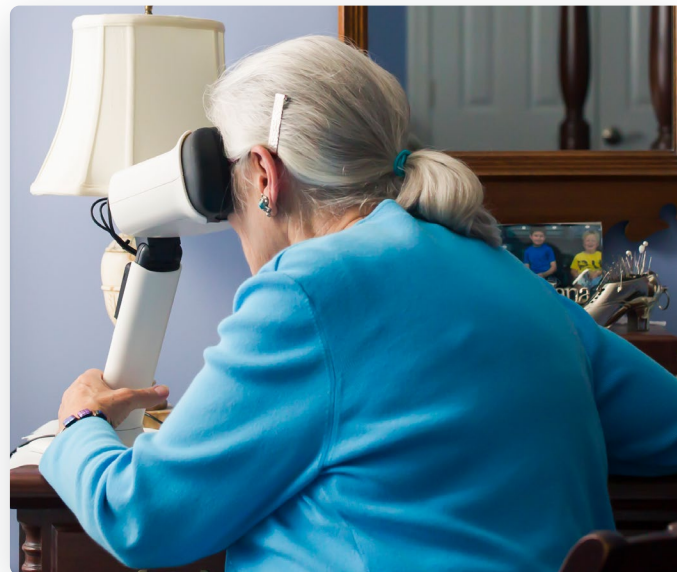


THE AMSLER GRID

Developed in the 1940s, the Amsler grid can help you track changes in your vision by noting whether the straight lines become wavy or distorted by looking at the grid daily.

NEW TECHNOLOGY

There are newer, modern at-home monitoring devices that are more sensitive in detecting the progression of the intermediate form of dry AMD to wet as early as possible. ForeseeHome® is a non-invasive monitoring device that can be used at home daily.



Get More Information

For more information about AMD, you can visit the following websites:



American Academy of
Ophthalmology

aao.org



American Optometric
Association

aoa.org



The Angiogenesis
Foundation

scienceofamd.org



Bright Focus Foundation

brightfocus.org

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