

Who is at risk?

Smoking- Research shows that smoking increases the risk of AMD.

Race- Caucasians are much more likely to get AMD than people of African descent.

Family History- People with a family history of AMD are at higher risk.

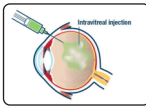
How is AMD detected?

- Visual Acuity
- Pupil Dilation
- Amsler Grid
- Optical Coherence Tomography (Macula)
- Fundus Fluorescein Angiography (FFA)

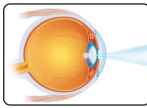
- Indo Cyanine Green Angiography (ICGA)

Can my AMD be treated?

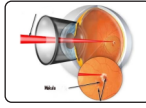
Yes



Anti-VEGF



Laser Therapy



Photodynamic Therapy

Will AMD affect my quality of life?

Yes, AMD will have its impact on

- Reading
- Watching T.V.
- Cooking
- Shopping
- Walking & Driving

What can I do to protect my vision?

Visit eye doctor regularly

Above 50 years, a complete eye exam must be done every one or two years even in case of normal vision.

Learn & watch the signs & symptoms of AMD

Check the central vision in both the eyes everyday.

Report any changes to the eye doctor

Take care of yourself

Eat healthy

Stay active

Quit smoking

What can I do if I have already lost vision due to AMD?

Make things brighter

Many people with AMD see better in bright light

Choose the right light

- Make sure that light doesn't shine directly into eyes
- Add light or spotlights around dark areas of house
- While cooking there should be enough light around the stove / gas
- While reading install light directly on the work area

Use Low-Vision Aids

- Magnifying lenses to read
- Large print books and magazines
- Closed circuit TV's
- Large screen computers

Eating Habits

- Eat dark colored fruits and vegetables-important source of antioxidants.
- Antioxidants provide health benefits & are likely to reduce the risk of AMD

Download Aditya Jyot- Eye Care App:



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**“Always consult your doctor
for any medical advice”**

**“Patient Information on
Age Related
Macular Degeneration
(ARMD)”**



The First Vertical “Amsler Garden” in the world

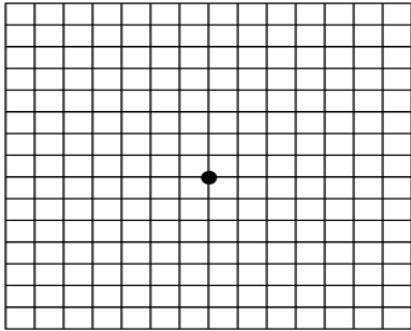


DEDICATED TO OUR PATIENTS



The Amsler grid is a diagnostic tool that aids in the detection of visual disturbances caused by changes in the retina, particularly the macula (e.g. macular degeneration, epiretinal membrane), as well as the optic nerve and the visual pathway to the brain.

Amsler Grid

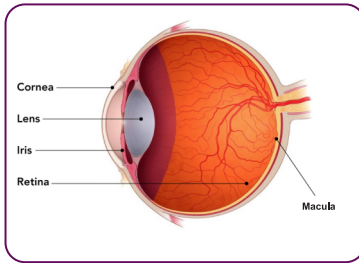


How to use the grid

- Hold the grid at your comfortable reading distance. Wear your usual reading lenses.
- Cover your left eye.
- With the right eye, focus on the grid's center dot. Can you see all four corners of the grid without removing the gaze from the dot? Do all lines appear straight & continuous? (You may see white dots appearing intermittently at the intersection; these are normal optical illusion.)
- Repeat with the other eye.

Remember, If any areas of the grid seem wavy, blurred or dark it could be a sign of macular degeneration.

AMD is a common eye condition among people of age 50 and above. It is a leading cause of vision loss in



older adults. It gradually destroys the macula, the part of the eye that provides sharp central vision needed for seeing objects clearly.



How does AMD Damage vision?

AMD occurs in two forms:-

- Dry AMD
- Wet AMD

Dry AMD

- Dry AMD is the most common form of AMD in its early or intermediate stages.
- It occurs in about 90% of the people with this condition.
- Dry AMD happens when the light sensitive cells in the macula slowly breakdown, gradually blurring central vision in the affected eye.
- As dry AMD progresses, a blurred spot in the center of vision is seen.

What are the symptoms in Dry AMD?

- Blurred vision
- Trouble recognizing faces

Wet AMD

- Affects about 10% of all people with AMD.
- More severe than the early & intermediate stages of the dry form.
- Wet AMD happens when abnormal blood vessels behind the retina start to grow under the macula.
- These new blood vessels can be fragile and leak blood and fluid.

What are the symptoms in Wet AMD?

- Straight lines appear wavy.
- Blind spot in the centre.

The First Vertical Amsler Garden in the world was inaugurated on 28th January 2014 by Shri Sushil Kumar Shinde, Hon'ble Home Minister, Govt. of India & Dr. Neil Bressler, Chief-Retina Division & Professor of Ophthalmology & Editor in Chief of JAMA Ophthalmology.