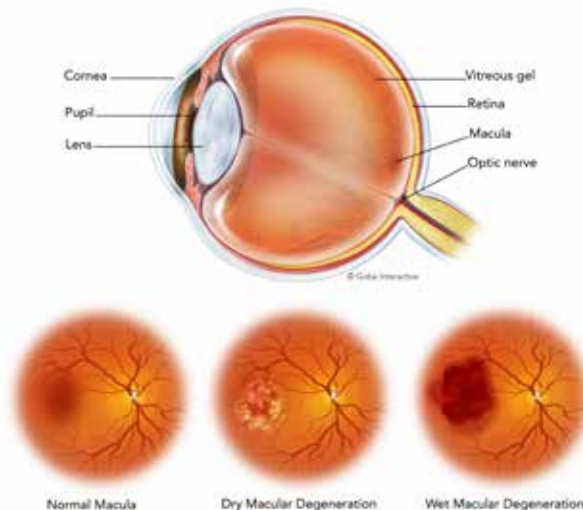


Age-Related Macular Degeneration

Patient Checklist: Important Questions to Ask your Doctor



What is Age-Related Macular Degeneration (AMD)?

Age-related macular degeneration (AMD) is deterioration of the center of the retina, the macula. There are two types of AMD: dry AMD and wet AMD. In the dry type of AMD, deposits, called drusen, develop under the macula. In the wet type of AMD, abnormal blood vessels develop under the macula.

AMD is a leading cause of severe vision loss. In people with AMD, about 85-90% of have dry AMD and 10-15% have wet AMD. Wet AMD is associated with the majority of severe vision loss cases.

There are 3 Stages of AMD:

- Early AMD
- Intermediate AMD
- Severe AMD: severe AMD can be characterized in two ways: severe dry AMD (also called geographic atrophy) and wet AMD (also called neovascular AMD)

It is possible to have AMD without any symptoms. People with early and intermediate stages of AMD rarely have symptoms. People with severe or wet AMD usually suffer from one or more symptoms. Earlier diagnosis and appropriate treatment helps maintain better vision.

Symptoms:

- Reduced vision
- Visual distortion (Example: a straight line appearing bent)
- Faded color vision
- A blind or blurry spot in the vision
- Difficulty with low light situations (Example: reading a menu in a dimly lit restaurant)

Below you will find a list of helpful questions to ask your doctor.

✓ Checklist

Eye Care Provider:

1. What stage of macular degeneration do I have? Do I need treatment?
2. Do I need to take AREDs vitamins? What formulation should I take?
3. How often should I use the Amsler grid?
4. Is an electronic home monitored hyperacuity or central visual field type machine right for me?
5. Should I make any lifestyle changes?
6. When should I return to see you?
7. Is genetic testing for AMD right for me?
8. I've heard macular degeneration can be genetic. Is there any way to lower the risk for my children?
9. For people with reduced vision: Could a low vision specialist help me? Who do you recommend?

Primary Care Provider:

1. I have AMD. Studies show that quitting smoking, maintaining a healthy weight and adopting a Mediterranean diet may slow the progression of AMD.
2. Can you help me quit smoking?
3. Can you help me maintain a healthy weight?
4. Can you help me learn more about a Mediterranean diet or refer me to a nutritionist?

This checklist is intended for use as a patient aid to assist with your patient/doctor consultation. This is not an all-inclusive list of questions and does not constitute medical advice; nor is it intended to be a substitute for professional medical evaluation, diagnosis or treatment.