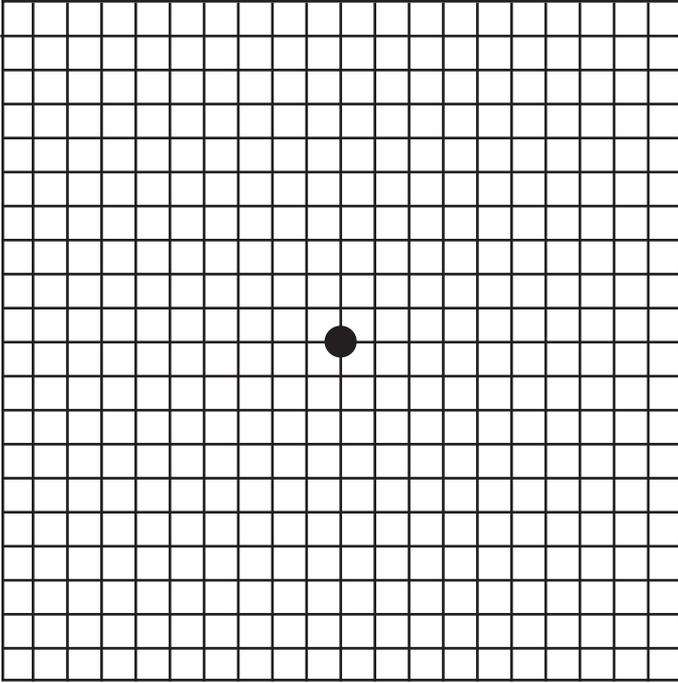


Protect Your Eyesight



How To Test Yourself with the Amsler Grid

- If you normally wear reading glasses, do so while you use the Amsler grid.
- Hold the grid at the same distance from your eyes that you would any other reading material.
- While covering one eye, look at the dot in the center of the grid.
- If the lines around the dot are wavy or distorted or there are any missing areas or dark areas in the grid, you may have a macular problem. Consult your eye care professional as soon as possible.
- Repeat test daily. And, don't forget to test both eyes.

FOUNDATION FIGHTING BLINDNESS

866-782-7330 or

www.FightBlindness.org

What is age-related macular degeneration?

Age-related macular degeneration (AMD) is the leading cause of blindness in people 55 and older, with more than 10 million Americans affected. It's believed that genetics and lifestyle play a role in the development of this retinal degenerative disease that progressively robs central vision.

What are the symptoms?

Anyone experiencing blurry central vision, blind spots or increased difficulty with detail-oriented tasks like reading or sewing should have their eyes checked, because early detection is key. A classic warning sign for more advanced AMD is when straight lines appear wavy.

Can AMD be prevented?

The following actions come recommended to help keep eyes healthy but can't guarantee total protection against AMD.

- Quit smoking cigarettes
- Protect eyes in bright sunlight by wearing sunglasses with UV filters
- Exercise regularly and maintain a healthy diet and weight
- Eat foods high in healthy omega-3s, such as oily fish like salmon and tuna
- Consume nuts like almonds
- Eat lots of colorful, leafy fruits and vegetables
- Avoid processed baked goods that are high in trans fats

Are AMD treatments available?

There are approved injection treatments for advanced AMD that can help slow or even reverse some vision loss, and clinical trials are underway for other treatments such as gene therapy and oral medications that are perhaps more effective.