

## **Macular Degeneration Information Sheet**

**By reading and following these instructions carefully, you will gain a better understanding of Macular Degeneration. This chronic disease affects more than 10 million people in the US and is a leading cause of vision loss in Americans over the age of 60.**

- 1. What is Macular Degeneration? It is a deterioration of the central vision area of the retina called the macula (loss of epithelial pigment in the macula).**
- 2. What is the macula? This is the area of the retina where we have photoreceptors that give us clear, sharp vision.**
- 3. What causes Macular Degeneration? Oxidation created by a lack of chemicals that are necessary for good macular health.**
- 4. Who is at risk?**
  - A. Those with family history**
  - B. Smokers**
  - C. People that do not wear good quality UV protection Sunwear**
  - D. Frequent sun exposure**
- 5. What are the risk factors?**
  - A. Over 50 years of age**
  - B. Female higher risk**
  - C. High body mass index (over weight)**
  - D. Light skin; light eyes**
  - E. Poor health—i.e. heart and Diabetes**
  - F. Poor nutrition issues**
- 6. Are there tests to detect Macular Degeneration earlier now?**
  - A. Optical Coherence Tomography using high speed ultrasound waves**
  - B. Digital Retinal Photography**
  - C. Dilated examination of the eye using special lenses to see the macula**
  - D. DNA testing (swab check)**
  - E. Macular pigment testing**

7. **What are the two types of Macular Degeneration?**
  - A. **Dry—This can be treated by nutritional/lifestyle changes**
  - B. **Wet—This is the “bad boy” requiring either multiple injections in the affected eye or laser treatments.**
  
8. **What is the best nutritional treatment for Dry Macular Degeneration?**
  - A. **Dark leafy green vegetables**
  - B. **Baked/Grilled Fish (salmon and tuna best)**
  - C. **Fresh berries such as blueberries or strawberries**
  - D. **Eggs (not fried) at least one a day 5 times weekly or two eggs 3 times**
  - E. **Eye vitamins containing 10 mg Lutein, 2 mg Zeaxanthin, and 2000mg of Omega 3 Triglyceride formula (other types are ineffective).**
  
9. **What are some preventative measures?**
  - A. **Don’t smoke!**
  - B. **Wear quality prescription type sunglasses—not discount store or department store “fashion” sunglasses.**
  - C. **Yearly dilated examinations with special testing when necessary**
  - D. **Eat right!**
  - E. **Monitor your health—have your blood pressure, cholesterol and blood sugar evaluated at least yearly.**

**This report is provided to help answer questions you may have about Macular Degeneration. Please feel free to contact our clinic with any additional questions you may have!**