

When should I see a Doctor?

- If you notice changes in your central vision
- If you face difficulties in seeing colors and fine details
- These changes may be the first indication of macular degeneration, particularly if you're older than age 60.



Normal Vision



Vision with Age-Related Macular Degeneration

Sources:

1. Age-Related Macular Degeneration (AMD). Accessed from <https://www.hopkinsmedicine.org/health/conditions-and-diseases/agerelated-macular-degeneration-amd>
2. What Is Wet Age-Related Macular Degeneration? Accessed from <https://www.webmd.com/eye-health/macular-degeneration/wet-amd-what-is>
3. Wet macular degeneration. Accessed from <https://www.mayoclinic.org/diseases-conditions/wet-macular-degeneration/symptoms-causes/syc-20351107>

Disclaimer: The information contained herein is not intended to be a substitute for professional medical advice or treatment in any manner. Always seek advice of your physician with any questions, you may have regarding any medical conditions.

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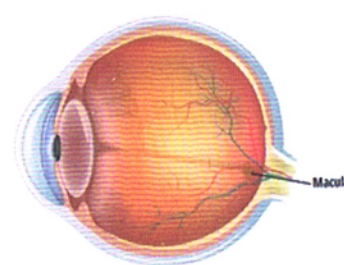


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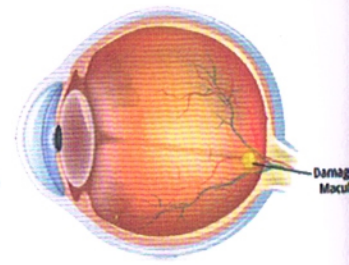


wAMD – Wet Age-Related Macular Degeneration

Know Everything A Common Cause of Visual Impairment



Healthy Eye



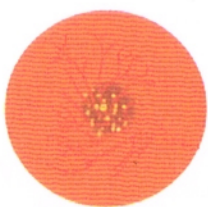
Macular Degeneration

Age-related macular degeneration (AMD) is the most common cause of severe loss of eyesight among people 50 and older. It affects the central vision and the ability to see fine details. In AMD, a part of the retina called the macula is damaged. People lose their ability to drive, see faces, and read smaller print in advanced stages can cause vision problems or blindness.¹

There are two types of AMD: Dry and Wet²



Normal Macula



Dry AMD Macula



Wet AMD Macula

Dry AMD

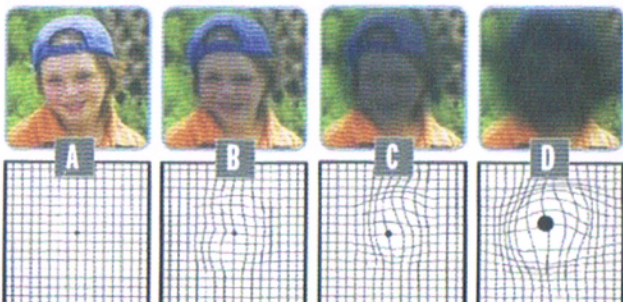
- Most common form
- Occurs in 9/10 cases
- Gradual & slow process – takes several years to get affected

Wet AMD

- Occurs in 1/10 cases but is more severe & most common cause of visual impairment among elderly patients
- Can cause severe vision loss in a short time, just in months
- If bleeding occurs, it can lead to vision loss.

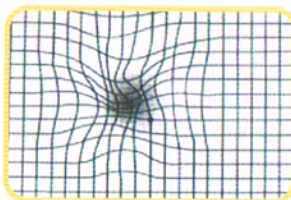
Early detection and treatment of wet macular degeneration may help reduce vision loss and, helps in the recovery of vision.³

PROGRESSION OF WET AMD



GRAPHIC ILLUSTRATES THE PROGRESSION OF EYESIGHT MOVING FROM NORMAL VISION TO WET AMD (A-D)

How could you know that you are suffering from wAMD?³



Visual distortions, such as straight lines seeming bent



Reduced central vision in one or both eyes



The need for brighter light when reading or doing close-up work



Increased blurriness of printed words



Decreased intensity or brightness of colors



Difficulty recognizing faces

You are at a risk of developing wAMD, if³



Your age is more than 55 years



You have a family history of Age-related macular degeneration



You are a smoker



You are obese



You are already suffering from cardiovascular disease

How can I prevent it?



Manage your other medical conditions like Heart health properly



Don't Smoke



Maintain a healthy weight and exercise regularly



Choose a diet rich in fruits and vegetables



Have omega-3 fatty acids in your food