

# MACULAR DEGENERATION PREVENTION GUIDE

Pro Vision Laser Eye Center of Venice & Englewood: Phone 941-493-0311

Have your eyes examined yearly!

## Methods of Prevention

- **Vitamins:**

The Age Related Eye Disease Study, (AREDS), by the National Eye Institute, confirmed high potency anti-oxidant vitamins decrease the risk of developing advanced macular degeneration by 25%. The supplements included:

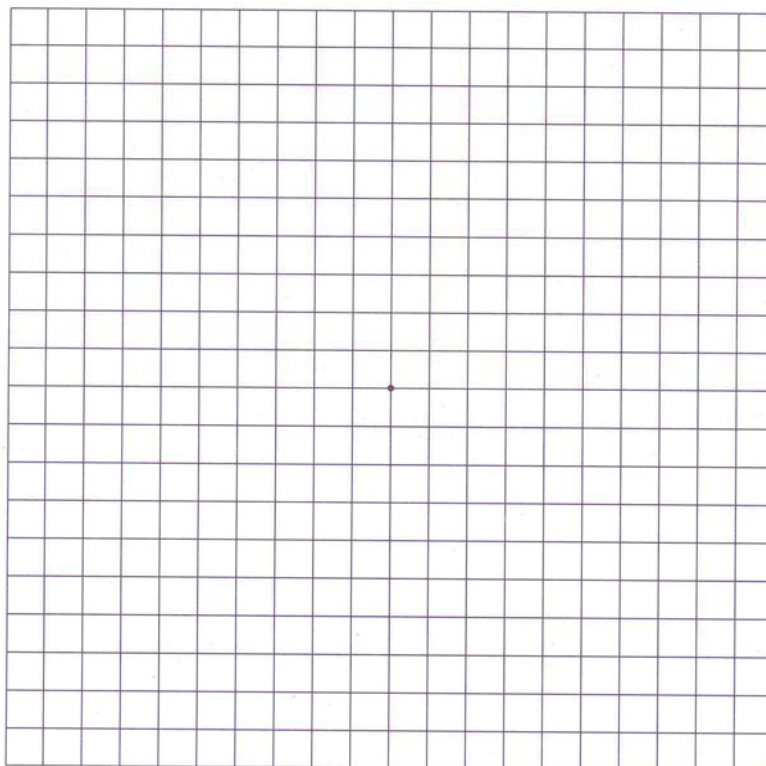
- Vitamin C 500 mg
- Vitamin E 400 IU, Beta Carotene 15 mg\*, Zinc oxide 80 mg

Beta Carotene may increase the risk of lung cancer in those who have smoked within the previous 5 years, caution should be used until further data becomes available.

- **Diet:** Foods high in Lutein and Zeaxanthin may contribute to free radical protection in the retina. These include green leafy vegetables such as spinach, broccoli, and kale.
- **UV Protection:** Filtration of the Sun's harmful ultraviolet wavelengths by the use of UV-blocking glasses decreases the formation of free radicals. Free radicals are postulated to be integral in the process of macular degeneration.
- **Stop Smoking:** Stop smoking. Smoking has been proven to decrease the amount of oxygen in the blood causing a decrease in the metabolic rate of the retina and an increase in the progression of macular degeneration.

## AMSLER GRID

Monitor your macular degeneration



**INSTRUCTIONS:** Perform this test once a week. Tape the grid at eye level on the refrigerator. Stand 1 foot away with glasses on and cover one eye. Look at the center dot. Using your peripheral vision, confirm you can see the 4 corners of the grid and the horizontal and vertical lines within the grid itself. Determine if parts of the grid are missing or distorted as compared to previous tests. Then repeat the test with the other eye. Remember to use your side vision, keep focused on the central dot.