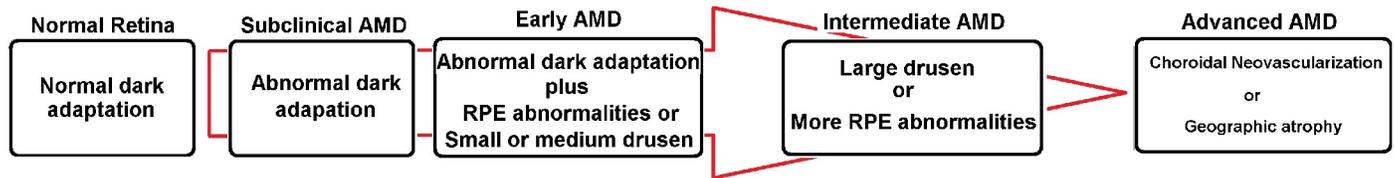


Broadway Eye Center

Age-Related Macular Degeneration (AMD) Treatment Recommendations

AMD is the leading cause of vision loss among older Americans. It is a progressive condition that causes a part of the retina called the macula to deteriorate with age. The macula is responsible for your central vision which allows you to do things like read, watch TV, recognize faces and drive.



Currently, there is no cure for AMD. Thus, the goal of managing AMD is to preserve visual function, including visual acuity. We recommend the following treatment items:

_____ **Smoking Cessation:** Smoking is the largest modifiable risk factor for the progression of AMD. Current smokers carry a 2.5 to 4.8 times higher risk than non-smokers for late AMD.

_____ **Nutritional Supplements:** Evidence strongly suggests that you should take nutritional supplements because treated patients have better outcomes than untreated patients.

_____ We recommend that you take an AREDS 2 formula supplement daily. Examples of products with this formulation include:

Either PreserVision by B+L

OR Systane Icaps by Alcon



- AREDS 2 Formula
- AREDS 2 + Multivit.



- AREDS 2 Formula
- AREDS 2 Chewable

For more information about these products and discount coupons:

<http://www.bausch.com/our-products/eye-vitamins>

<https://www.systane.com/products/eye-care/>

Lifestyle Modifications: Following a healthy diet and exercising regularly may act to prevent or delay onset or progression of AMD.

Omega Fatty Acids- We recommend you consume fish rich in Docosahexcenoic Acid (DHA) and/or supplement with high-quality, highly bio-available DHA (omega fatty acid). Examples of products include:



Mediterranean Diet- We recommend you more closely follow the Mediterranean Diet which includes high intake of fruits, legumes, vegetables, nuts, seeds and other grains. This diet limits the intake of dairy products, wine and red or processed meats.

Exercise- We recommend an active lifestyle such as walking, water aerobics, swimming and elliptical machines. Because AMD is related to the blood and nutritional supply to the retina, participation in cardiovascular exercise of any intensity even walking as little as one or more blocks per day has been shown to reduce risk.



Systemic Disease Management: Several systemic conditions (including diabetes, high blood pressure, high cholesterol and obesity) have been associated with increased risk of AMD and/or the progression to advanced AMD. Strict management of these systemic conditions helps reduce the risk or progression.

Retinal Light Protection: Evidence suggests that chronic sun-light exposure increase the risk of AMD and its progression.

We recommend that you wear Ultra-violet (UV) blocking glasses when outside.

<http://www.allaboutvision.com/sunglasses/spf.htm>

We recommend that you wear blue-blocking glasses when exposed to high energy visible light (HEVL) from sunlight or man-made sources (computer screens, smart phones or other digital devices). <http://www.allaboutvision.com/cvs/blue-light.htm>

Monitoring: We recommend more frequent retinal examinations. Moving to a six-month follow-up interval is useful in monitoring the disease progression.