

How is AMD treated?

Nutritional Supplements

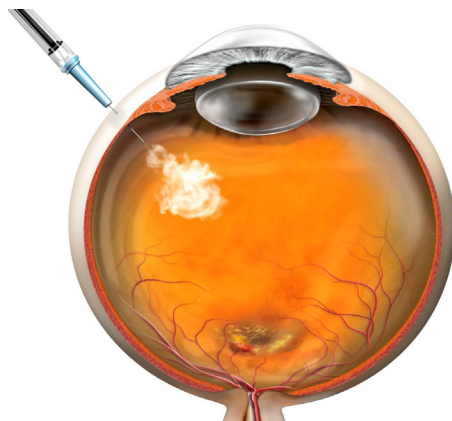
Certain vitamins such as vitamin C and E, beta carotene, copper and zinc may help reduce the impact that AMD can cause in some people. These vitamins along with lutein, zeaxanthin, and omega-3 will only help treat dry macular degeneration. These supplements are part of the AREDS 2 formula. Relatives of patients with AMD should check with their doctor first before starting these vitamins themselves.

Remember that vitamins alone are not a cure for AMD. Talk to your doctor to see if taking these vitamins are right for you, and if you are at risk in developing advanced AMD.

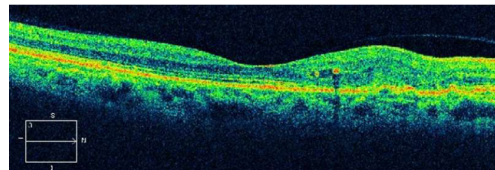
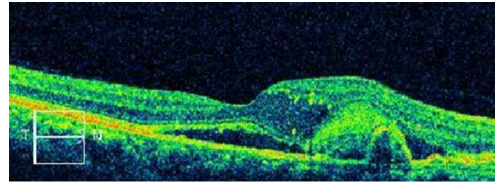
Anti-VEGF Treatments

A common treatment for wet AMD is an injection in the eye with a drug that causes blood vessels to stop growing and bleeding.

The drug is a **VEGF blocker** which targets specific chemicals in your body



that cause the growth of abnormal blood vessels under the retina. Examples of the drug are Lucentis, Avastin, and Eyelea; each work equally well although there may be a difference in cost.



(Above is a before and after OCT image of a patient with wet AMD treated with anti-VEGF injection showing improvement of the retinal swelling after treatment)

Laser Surgery

Another treatment for wet macular degeneration is the use of a laser which focuses a beam of light on the retina to stop blood vessels from leaking and damaging the back of the macula. This form of treatment is not as common, as it has been replaced with injections in the eye.



A Closer Look at Age-Related Macular Degeneration (AMD)

Compliments of
Vatsal Doshi, MD, MPH and
Jonathan Huz, MD of
**Vitreous Retina Macula Specialists
of New Jersey**



VRM NJ | VITREOUS RETINA MACULA
SPECIALISTS OF
NEW JERSEY

Millburn

306 Main Street, 2nd Floor
Millburn, NJ 07041

P (973) 467-2020

F (973) 467-2030

Somerset

1543 Route 27, Suite 12
Somerset, NJ 08873

P (732) 839-0516

F (732) 253-5259

W vrmnjretina.com

E retinamd@vrmnjretina.com



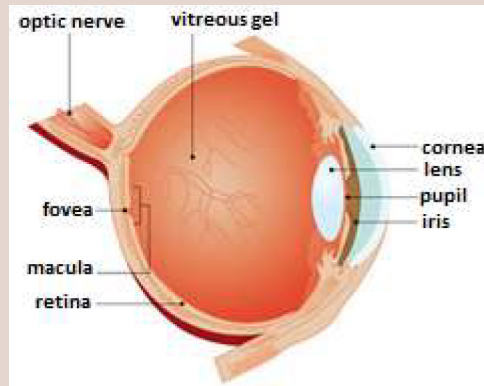
Patient Education

What is macular degeneration?

Age-Related Macular degeneration (AMD)

is a deterioration or break-down of the macula area. The **macula** is a small area in the retina that allows you to see fine details clearly. If the macula is not functioning correctly, your central vision can experience blurriness, distortion, or shadows. AMD affects the ability to see near and far, and makes some activities difficult or impossible.

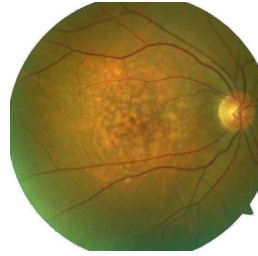
Usually AMD reduces vision in the central part of the retina, and does not affect the peripheral vision. AMD alone does not cause total blindness. In many cases, macular degeneration's impact on your vision can be minimal.



What causes AMD?

Many elderly people develop AMD as part of the body's natural aging process. Exactly why it develops is unknown. In the early stages, waste

products accumulate under the retina leading to the formation of deposits called drusen. In some cases, with the later stages, there is growth of abnormal blood vessels under the retina.



When macular degeneration does lead to loss of vision, it usually begins in just one eye, though it may later affect the

other eye. Many people are not aware that they have macular degeneration until they have a noticeable vision problem or until it is detected during an eye examination.

Symptoms of AMD

Macular degeneration can cause different symptoms in different people. The following are some common ways it can be detected: Text on a page looks blurred; a dark or empty area appears in the center of vision; straight lines look distorted.

The two most common types of AMD are “**dry**” (atrophic) and “**wet**” (exudative):

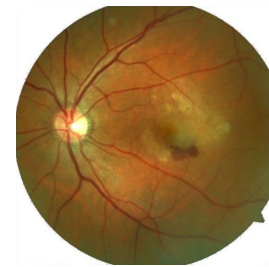
Dry AMD

Most people have the “dry” form of AMD. It is caused by aging and thinning of the tissues of the macula. Vision loss is usually gradual. This form of degeneration usually causes people to have difficulty seeing in changes of light.

The most advanced stage of dry AMD is geographic atrophy. The retinal pigment layer below the retina atrophies, resulting in a loss of photoreceptors causing vision loss.



Wet AMD



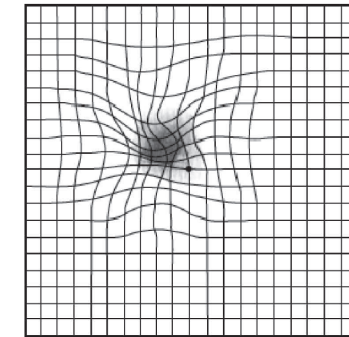
The “wet” form of AMD accounts for about 10 percent of all macular degeneration cases, and a high percentage of those cases develop significant

vision loss. Wet AMD results when abnormal blood vessels form underneath the retina. These new blood vessels leak fluid or blood and blur central vision. Vision loss may be rapid and severe.

How is AMD diagnosed?

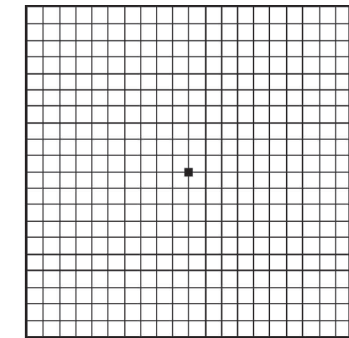
It is difficult to realize that you have a macular problem until vision becomes blurred. Your eye doctor, during an examination, can detect early signs of macular degeneration. This eye exam may include: a vision test where you look at a graph paper called Amsler grid; an examination of the macula using a special lens; specific photographs taken of the retina with fluorescein angiography or optical coherence tomography.

Below is an Amsler grid with wavy lines depicting what a person might see with AMD.



Testing your vision

Check your vision daily by using the Amsler grid which will allow you to find changes in your vision that are otherwise difficult to notice.



Schedule and Eye Examination

Test your vision every day, place the Amsler grid on the front of your refrigerator or on your bathroom mirror. This will help you remember to look at it each day. Remember that vision loss is preventable when detected early.