**MACULAR DEGENERATION**

**To reduce your risk of progression:**

* Avoid/cease smoking
* Take your recommended vitamin daily as directed by your doctor
* Get regular exercise
* Control pre-existing health conditions such as high blood pressure, high cholesterol, cardiovascular disease and obesity
* Protect your eyes from the sun by wearing sunglasses and/or a hat
* Check the Amsler grid regularly and report any changes on the grid or in your vision immediately
* Ingest dietary sources of Lutein and Zeaxanthin that help protect the macula: dark leafy green vegetables, peas, squash, brussel sprouts, corn and broccoli

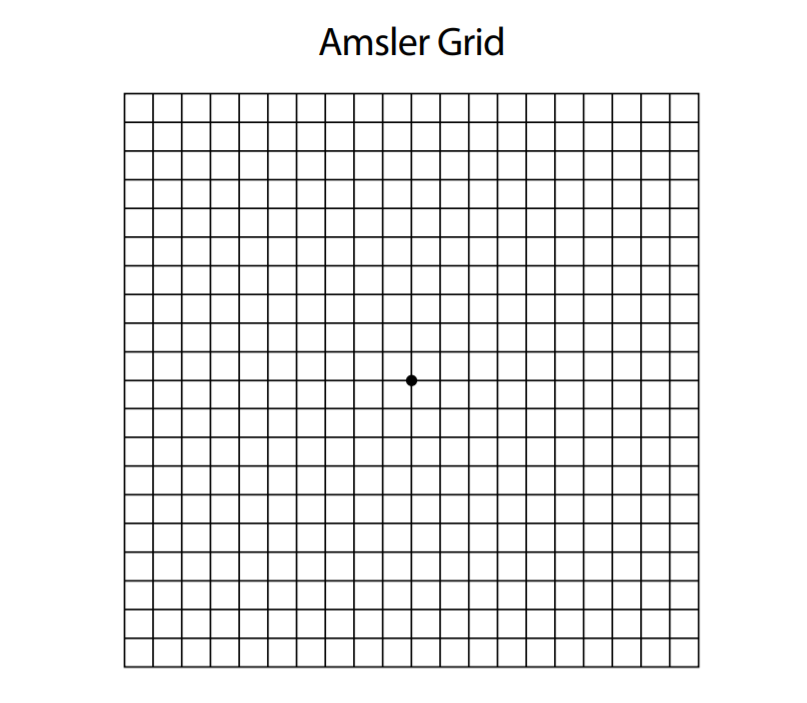
**Vitamin Recommendations:**

\_\_\_\_\_\_ AREDS 2 formula vitamin:

* “PRN Macular Vitamin” (which can be ordered through our office and shipped directly to you)
* “PreserVision” (available over-the-counter)

\_\_\_\_\_\_ Lutein/Zeaxanthin supplement:

* “PRN NuMaqula” (which can be ordered through our office and shipped directly to you)
* Other formulations available over-the-counter (look for a formula with at least 10mg of Lutein and 2mg of Zeaxanthin)



Directions for using the Amsler Grid:

1. Test with your glasses used for reading.
2. Hold the grid approximately 14-16 inches from your eyes.
3. Test each eye separately. Cover your other eye with your hand.
4. Keep your eye focused on the dot in the center of the grid and answer these questions:
   1. Do any of the lines in the grid appear wavy, blurred or distorted?
   2. Do all of the boxes in the grid look square and of the same size?
   3. Are there any holes, missing boxes or dark areas in the grid?
   4. Can you see all corners and sides of the grid while keeping your eye on the dot in the center?
5. Repeat while covering your other eye.

**IMPORTANT** – Report any changes you see on the grid to your eye doctor immediately.