

**Cornea, Laser Refractive
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Age-Related Macular Degeneration (AMD)

1. Proper Nutrition is scientifically proven to slow AMD

- a. Eat a diet rich in green, leafy vegetables (e.g., kale, collard greens, spinach).
- b. Vitamins C, E, zinc, and copper have been proven to reduce the progression of dry macular degeneration to wet disease and to reduce the rate of visual loss over time.
- c. Lutein and zeaxanthin, pigments found naturally in green, leafy vegetables, have also been proven to slow AMD.
- d. Proper amounts of the above nutrients are available in such over-the-counter products as iCaps and Preservision. Look for the “AREDS 2” formula.

2. Live a Healthy Lifestyle – The risk factors for heart disease are the same for AMD

- a. Stop smoking
- b. Keep your blood pressure and cholesterol well-controlled
- c. Exercise
- d. Maintain a healthy weight

3. Know your family history and inform your family if you have AMD.

4. Test Your Eyes Daily with the Amsler Grid

- a. Place this chart at eye level in a well-lit area.
- b. Hold this chart about 12 inches away.
- c. Wear your reading glasses.
- d. Test one eye at a time; fully cover each eye.
- e. Focus on the center dot and call your doctor immediately if any lines or squares are wavy, blurred, or missing.

