

## Macular Degeneration Awareness

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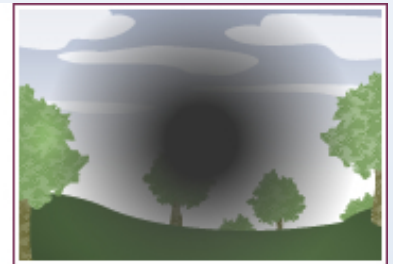
**Macular Degeneration** is a disorder that causes a deterioration of the macula (central part of the eye's retina). The macula allows the eye to see fine details at the center of the field of vision. A functional macula is essential to activities like reading and driving; however, macular degeneration does not lead to blindness.

### Three methods commonly used to test for Macular Degeneration:

- Taking the Amsler grid test
- Viewing the macula with an ophthalmoscope
- Taking photographs of the eye called fluorescein angiographs



Healthy vision.



Macular degeneration can cause blindspots.

The most common type of Macular Degeneration is Age-Related Macular Degeneration. Risk factors besides advanced age include family history, cigarette smoking, and being Caucasian.

### Symptoms of Macular Degeneration:

- Blurred or Distorted Central Vision
- A Dark Area in the Center of Vision
- Straight Lines Look Distorted

## Treatment & Prevention

Studies have shown that the use of vitamins and good nutrition may reduce the risk of developing MD. Using cigarettes or other forms of tobacco should be avoided. Especially among people with the family history of the disease.

Sometimes nutritional supplements such as zinc and antioxidant vitamins help slow the progression of the disease. Certain types of "Wet" MD can be treated with laser surgery or photodynamic therapy. Unfortunately, there is no cure for Macular Degeneration.