

What is an AMD?

Age-related Macular Degeneration (AMD) is an eye disease that affects the central vision. It may cause either a gradual or a rapid reduction in vision. It does not cause complete blindness.

What are the two types of AMD?

- The **dry** form is more common and usually progresses slowly. AREDS Vitamin supplements may slow the progression.
- The **wet** form develops when new blood vessels grow and leak fluid or blood. The presence of fluid or blood can lead to vision loss. Treatment is available, but is more effective when the disease is detected earlier.

What are the symptoms of AMD?

AMD can cause different symptoms in different people. Early in the disease there may only be blurring of vision.

Significant changes include:

- Words on a page look blurred
- A dark or empty area appears in the center of vision
- Straight lines look distorted

Is there anything I can do to manage my disease?

You should check your vision weekly using an **Amsler grid**. You should put the grid on the front of your refrigerator or your medicine cabinet. The Eye Monitoring Program will remind you periodically to check your Amsler grid.

To use the **Amsler grid**:

1. Wear your reading glasses and hold the grid 12 inches away.
2. Cover one eye and look directly at the center dot.
3. While looking directly at the center dot, note whether all lines of the grid are straight or if any areas are distorted, blurred or dark.
4. Repeat this procedure with the other eye.
5. If any new area of the grid looks wavy, blurred or dark, and this persists for more than a day, please call the Eye Monitoring Program at **1-855-878-6404**.

