



AGEING EYES

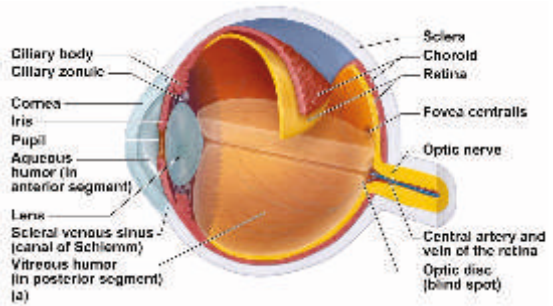
Symptoms, Prevention & Treatment of
Age-related Macular Degeneration (AMD)



Human Eye

The human eye has been called the most complex organ in our body.

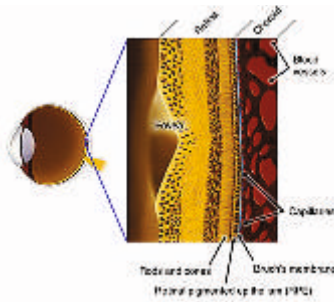
Light enters through the cornea, passes through the opening in the iris, called the pupil, and then to the lens, which focuses light on the retina—the inner lining of the back of the eye.



Retina

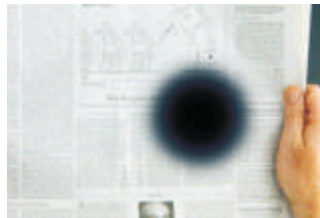
The retina is lined with light-sensitive cells, or photoreceptors, called rods and cones. The macula is the center of the retina, and it is responsible for sharp central vision. The fovea is a small depression in the macula that provides the sharpest vision of all.

When light reaches the retina, the photoreceptors send impulses along the optic nerve to the brain, which interprets them as vision.



What is Age-related Macular Degeneration (AMD)?

Many older people develop macular degeneration as part of the body's natural ageing process. There are different kinds of macular problems, but the most common is age-related macular degeneration (AMD).



Macular degeneration can be caused by a number of factors such as:

- | Formation of deposits called drusen under the retina,
- | In some cases there is growth of abnormal blood vessels under the retina.



What Causes Age-related Macular Degeneration?



Being 60 and older



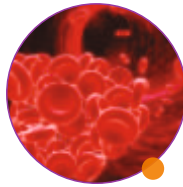
Smoking



Genetic



High Blood Pressure



Heart disease



Obesity



High Cholesterol

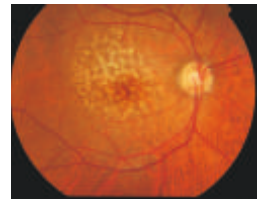


Low Intake of
Anti-Oxidant

TYPES OF AMD

Dry AMD

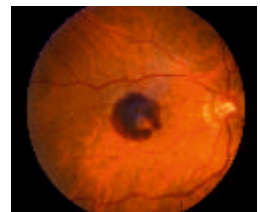
Also called non-neovascular macular degeneration with drusen. Most people who have macular degeneration have the dry form. This condition is caused by ageing and thinning of the tissues of the macula.



Wet AMD

Also called neovascular macular degeneration. About 10 percent of people who have macular degeneration have the wet form, but it can cause more damage to your central or detail vision than the dry form. (Image)

Wet macular degeneration occurs when abnormal blood vessels begin to grow underneath the retina. This blood vessel growth is called choroidal neovascularization (CNV) because these vessels grow from the layer under the retina called the choroid. These new blood vessels may leak fluid or blood, blurring or distorting central vision.



Vision loss from this form of macular degeneration may be faster and more noticeable than that from dry macular degeneration. Wet macular degeneration symptoms usually appear and get worse fairly quickly.

Sign & Symptoms



Blurred Vision



Faded Color



Wavy Vision



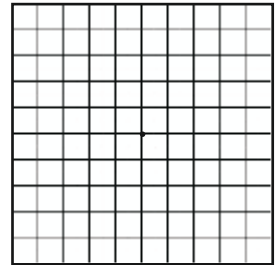
Loss of Central Vision

How to Manage AMD?

Diagnosis:

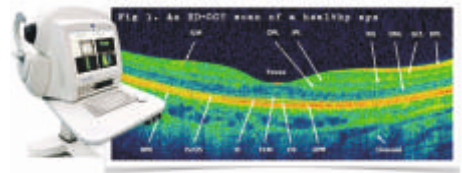
Amsler Grid

If you have "Macular Degeneration", you can check yourself on Amsler Grid. But remember that it is a "gross" test and may not catch early vision loss.



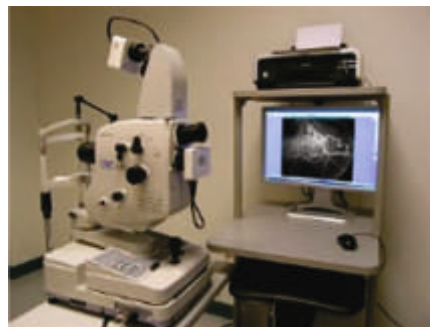
Optical Coherence Tomography (OCT)

It is a diagnostic technique that gives clear image of retina with high resolution pictures.



Fundus Fluorescein Angiography (FFA)

It is a common procedure that is performed to give more information about the condition of the back of the eye. A dye is injected into your arm that then travels to your retinal veins to be photographed for blockages.



Treatment:

Dry AMD:

There is no single proven treatment for the dry form of macular degeneration. However, a large scientific study has shown that antioxidant, vitamins and zinc may reduce the impact of macular degeneration in some people by slowing its progression toward more advanced stages.

Wet AMD

Anti-VEGF Injection Therapy:

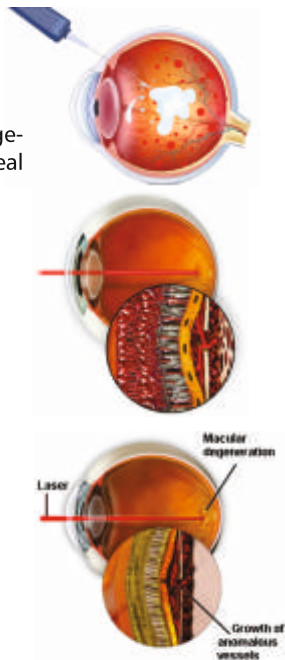
Currently, the most common and effective clinical treatment for wet age-related macular degeneration is anti-VEGF therapy – which is intravitreal (into the eye) injection of a drug called an “anti-VEGF.

Photodynamic Therapy (PDT):

This therapy uses a combination of a light-activated drug called photosensitizer and a special low-power, or cool, laser to treat wet macular degeneration right at the center of the macula.

Laser Treatment

Laser Photocoagulation is another treatment for wet ARMD. The treatment utilize laser light to seal new blood vessels to prevent



Routine Care

Here are guidelines to help prevent or slow the progression of AMD:

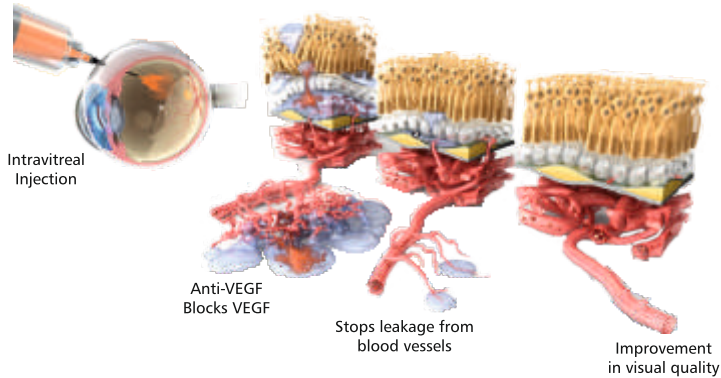
- | Exercise regularly
- | Eat plenty of dark, leafy green vegetables, such as raw spinach
- | Keep your blood sugar and cholesterol under control
- | Wear appropriate sunglasses outdoors to block UV and blue light that may cause eye damage.
- | Visit your eye doctor at least once a year to stay on top of your eye health
- | Avoid smoking, drinking as it can also affect your vision



Anti-VEGF Injection Therapy

It is an approved medication for wet age-related macular degeneration.

How Does It Works?

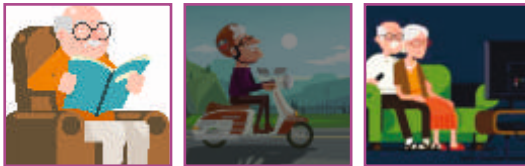


It inhibits the formation of new blood vessels behind the retina and may keep the retina free of leakage and reduces the risk of subsequent vision loss.

The effect of drug lasts for a month or maybe more, hence the number of injection you receive, will depend on your condition and as per your doctor's advice.

Benefits

Treatment with anti-VEGF injection may improve important visual qualities (color, brightness & sharpness) and several activities like reading, watching television, driving car etc. which influence quality of life.



Disclaimer: This material is for information purpose only. It does not replace the advice or counsel of a doctor or healthcare professional. We make every effort to provide information that is accurate and timely, but makes no guarantee in this regard. You should consult with only on the advice of your ophthalmologist or healthcare professional.



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