

How to keep your eyes from blurry ?

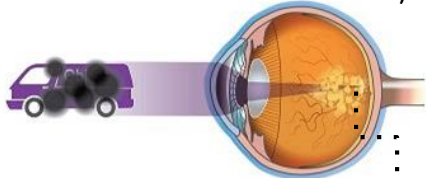
Learn about Macular Degeneration

The macula is located in the center of the retina. It gives us the ability to see fine detail and provides the best color vision. Damage to the macula results in poor vision. Your vision might be blurry, and it may be hard to read fine print or drive. The most common disease process that affects the macula is age-related macular degeneration (AMD).

Two Types of Macular Degeneration

“DRY” type

(Accounts for 90% of all AMD)



Small yellow deposit form under macular

“WET” type



Abnormal growth of blood vessel; they leak and blood collects under Retina

Who is at risk for macular degeneration?



Being over age 50



Eating a diet that is high in saturated fat or low in nutrients



Long-term exposure to the sun



Being obese



Smoking or having smoked in the past



High blood pressure & cholesterol



Family history



Having light colored eyes



Cardiovascular diseases

Inactivity

Common Symptoms of Macular Degeneration

- Blurred vision
- Distorted vision, such as the bending of straight lines
- Dark patches in central vision
- Decreased intensity or brightness of colors
- Trouble identifying faces



Reduce Your Risk



Don't smoke or avoid secondhand smoke



Maintain normal blood pressure & cholesterol



Eat a healthy diet in green-leafy vegetables & fish



Wear sunglasses when out in bright light



Don't drink alcohol excessively



Exercise regularly



Take an antioxidant vision vitamin



Have an eye exam once per year

Visit your eye doctor for treatment or to get help to prevent macular degeneration!



To learn more about our doctor's group, call Member Relations: (415) 590-7418



aamgdoctors.com



youtube.com/AAMGDoctors



facebook.com/DoctorsAAMG