

**TWOP
ARMD**

Awareness Month

#TWOPARMDAM



AGE RELATED MACULAR DEGENERATION



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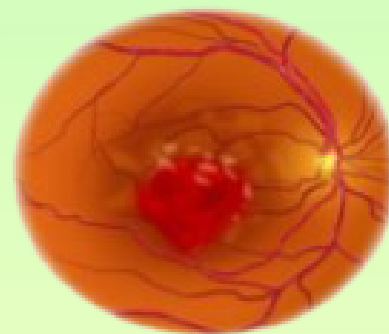
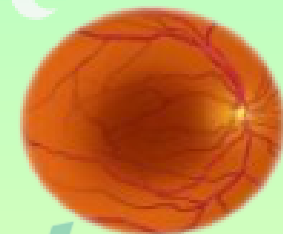
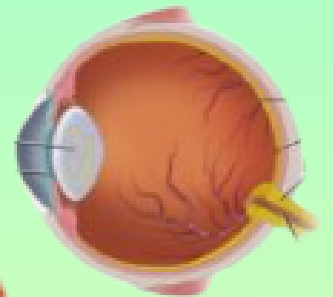
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Definition of ARMD

- ARMD is a chronic eye condition that occurs when the central part of the retina called the “macula” deteriorates and the central vision is lost
- As the macular tissue ages the retina tends to thin out. Tiny pieces of a fatty protein called Drusen start to accumulate under retina



Signs & Symtoms

- Family history of ARMD
- Ageing
- Those over 60 years old
- Sex: Females have a higher rate
- Light color eyes
- Smoking
- Heart disease
- High blood pressure, high cholesterol
- Obesity
- High sunlight exposure
- Poor diet-low intake anti-oxidants

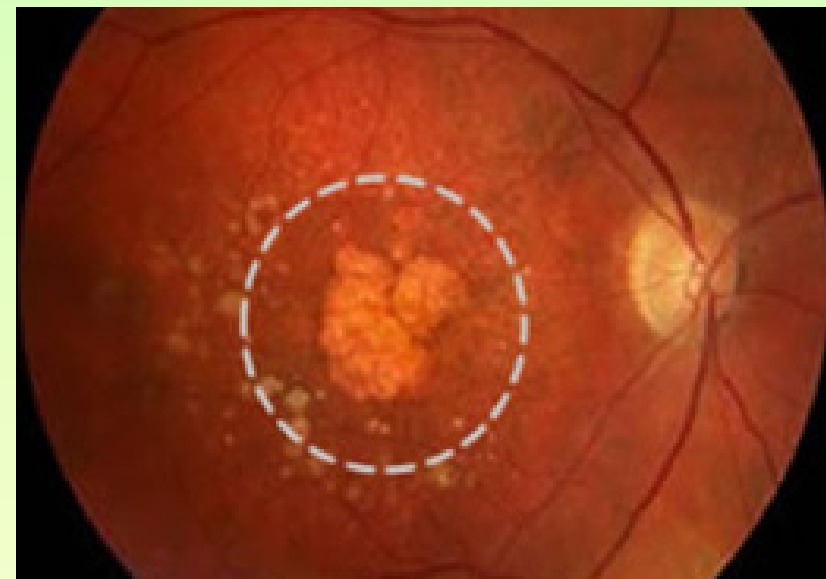


Types

Two types of ARMD:

- **Dry ARMD:** This form is quite common. About 80% of people who have ARMD have the dry form. It is when parts of the macula get thinner and tiny clumps of Drusen grow

- Blank or blurry spot in central vision
- Colors appear less vivid or bright

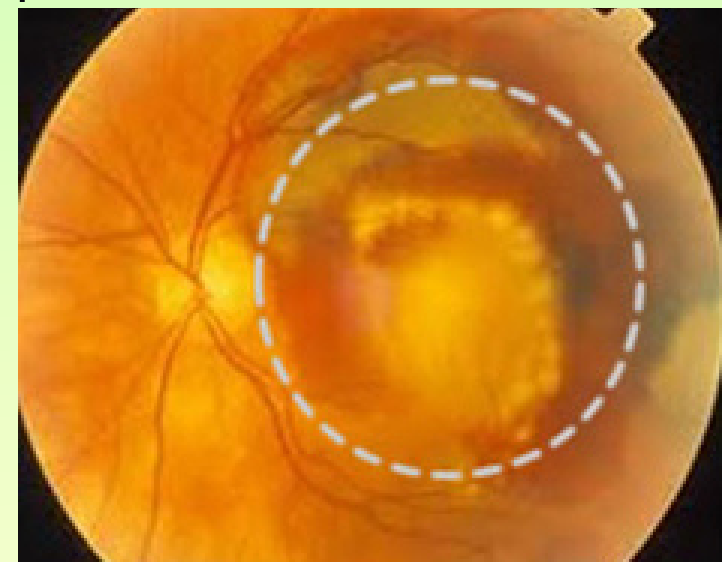


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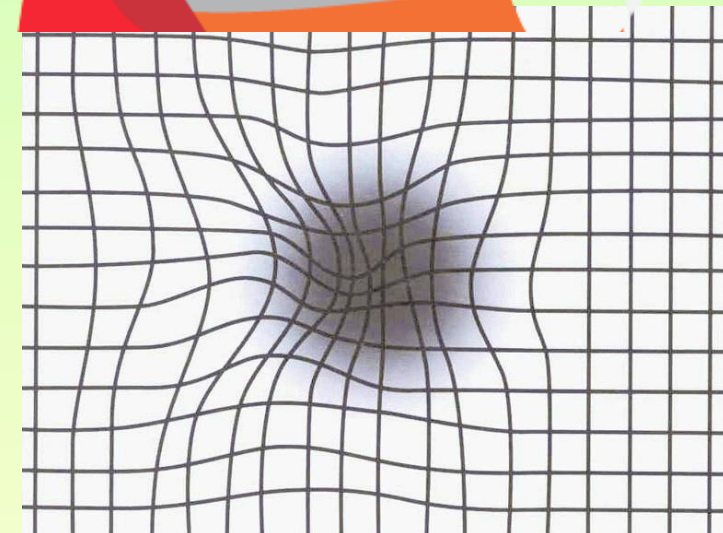
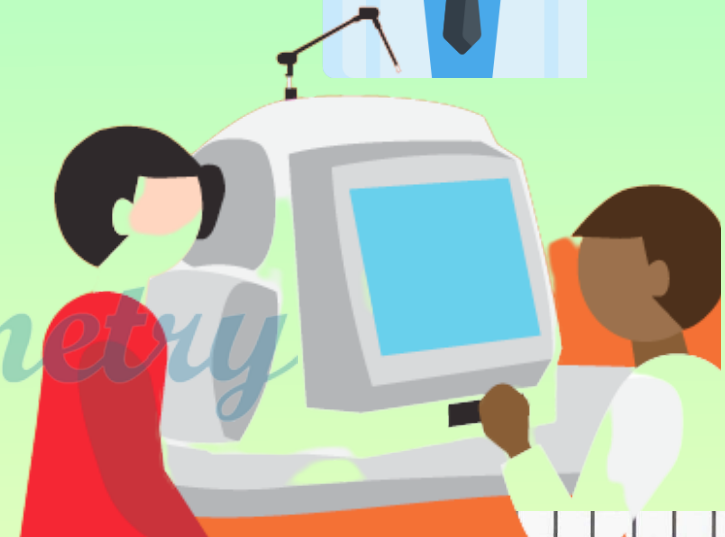
- **Wet ARMD:** This form is less common but much more serious. It is when new abnormal blood vessels grow under the retina. These vessels may leak blood or other fluids, causing scarring of the macula

- Trouble or inability to recognize people's face
- Distorted Vision



Clinical Examinations

- Visual Acuity Test
- Dilated Eye Examination
- Amsler Grid: This grid helps you notice any blurry, distorted or blank spots in your field of vision
- Fluorescent Angiogram
- Optical Coherence Tomography



Management & Treatment

- Dry ARMD Treatment:

- Right now, there is no way to treat the dry form of ARMD. However, AREDS and AREDS-2 study found that those people may slow their dry ARMD by taking these vitamins and minerals daily.
- Vitamin C (500 mg), Vitamin E (400 IU), Lutein (10 mg), Zeaxanthin (2 mg), Zinc (80 mg), Copper (2 mg)



- Wet ARMD Treatment:

- Anti-VEGF drug, Laser Treatment



Options for ARMD

- If you have ARMD, you can learn how to make the most of your vision with the help of low vision tools. These include different kinds of magnifying tools, handheld computers, electronic items and more.

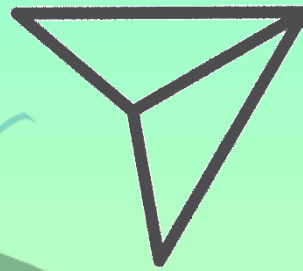




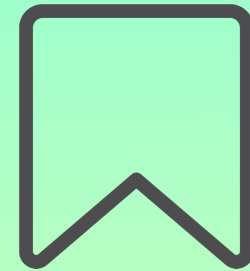
Wow, what a cool content



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