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Brenton Loose, O.D. *
Vincent Budac, O.D.
*denotes optometric corporation

2344 WESTWOOD DR.
PRINCE GEORGE, BC V2N 4H3
Tel: 250.649.2020 Fax: 250-612-3998
info@envisioneyehealthclinic.com
www.envisioneyehealthclinic.com

Age-Related Macular Degeneration (AMD) Summary

What can I do to reduce my risk of Age-Related Macular Degeneration?

1. Everyone, with and without AMD, should work on the modifiable risk factors.
2. Those diagnosed with AMD may reduce the risk of progression by 25-30% by taking a daily dose of the following:
    a. Vitamin C (500 mg)
    b. Vitamin E (400 international units)
    c. Zinc (80 mg as zinc oxide)
    d. Copper (2 mg as cupric oxide)
    e. Lutein (10 mg)
    f. Zeaxanthin (2 mg)

Non-Modifiable Risk Factors

- Age (>60 years old)
- Family History
- Ethnicity (Caucasian)
- Eye Color (Light)
- Gender (female>male)
- Genetics

Modifiable Risk Factors: **What I can and should do to reduce my risk of severe vision loss. (Not only will your eyes benefit but your body and mind also!)**

- Activity level- cardio and strength activities
- Cardiovascular disease
- Diet: rich in leafy green vegetables, antioxidants, zinc and LOW in fats.
    - Spinach, kale, cilantro, parsley and romaine lettuce are good sources of Lutein.
    - Orange peppers and cooked egg yolks are high in Zeaxanthin
- High blood pressure
- High cholesterol
- Obesity- BMI greater than 30 increases risk 2.5 times
- Smoking- highest risk, 2-5 times increased risk
- Sun Exposure - sunglasses and hats

Studies/Notes:

1. AREDS "The study was not designed to evaluate the effect of the antioxidants and zinc in study participants who initially had no AMD (Category One). This is because previous studies had indicated that people aged 60 and over with no AMD have a very low risk for developing a clear progression of AMD within a seven-year period (the life of the AREDS clinical trial). The Age-Related Eye Disease Study confirmed this low risk -- participants with no AMD had less than a one percent chance of losing vision from AMD during the study. (http://www.nei.nih.gov/amd/background.asp)
2. AREDS and AREDS 2 (Age-Related Eye Disease Study) See http://www.areds2.org/
3. For more information about AREDS2, visit www.nei.nih.gov/areds2.
4. Aerobic Exercise Protects Retinal Function and Structure from Light-Induced Retinal Degeneration *The Journal of Neuroscience, 12 February 2014, 34(7): 2406-2412; doi: 10.1523/JNEUROSCI.2062-13.2014*