

My AMD Action Plan

Welcome! You've Made a Plan to Help Protect Your Vision

You've taken a key step in your effort to slow the progression of your Age-related Macular Degeneration (AMD). Although you already have symptoms, dry age-related macular degeneration typically progresses slowly, and there are important things you can start doing right now to protect the vision that you have.

You told us that you're already being good to your eyes in some ways:

- You're not smoking or using other tobacco products
- You've seen an eye doctor in the past year
- You're taking a daily AREDS or AREDS2 formula vitamin

Let's get started.

Every action plan should start with a conversation with your doctor. Consult with your doctor before making any changes to your diet or lifestyle.

Recommended Actions for You

Eat a better diet to protect your retinal health

It's good that you're trying to eat an eye-healthy diet, but try to increase the amount of fruits and vegetables that you eat daily, especially dark leafy greens. Avoiding foods that raise your cholesterol level will help, too!

Why? What you eat may help to protect your vision in two ways: First, some nutrients, especially the antioxidants in many vegetables, are known to help protect your macula from damage. Also, improving your diet can lower your risk of—or help you manage—high cholesterol, high blood pressure and high blood sugar, all of which are linked to AMD.

[Click here to learn more about the AMD diet](#)

[Get more exercise to help protect your vision](#)

A little exercise is good. More would be better. Try to get at least 30 minutes a day of moderate-intensity aerobic exercise five days a week. Even walking helps. If you have mobility or health issues, there are still ways you can get your heart beating a little faster.

Why? If you need some inspiration, consider this: In one study of people with AMD, the most active participants had a 70% lower risk of developing advanced macular degeneration compared to the least active. Being active was linked to lower blood pressure and less obesity, which are risk factors in AMD. Several other studies show that regular aerobic exercise might slow macular degeneration.

Be sure to check with your doctor before you start or change your exercise program.

[Click here to find out how to add more activity to your life](#)

[Make sure you're wearing the right type of sunglasses-and wear them year-round.](#)

Be aware that now you have AMD, you need to be more rigorous in your UV protection than you used to be.

That means wearing the right style of frame and using lenses that filter at least 99% of both UVA and UVB rays, as well as taking other steps to shield your eyes year-round.

Why? The sun's rays UV directly affect the macula, damaging the cells. Frames like wraparounds protect your eyes from all sides. This is important even in the winter when the angle of the sun's rays is low.

[Click here to learn more about UV protection](#)

[Use your Amsler grid at least once a week to monitor your vision](#)

It's important to track vision changes regularly using your Amsler grid or an app that's designed to do the same job (see Apps). It's easy, and it may help you spot vision changes even before they can be seen on an eye exam. Make a plan to do a vision check at the same time each week—some people set a reminder on their smartphone or wall calendar. If you notice a change, contact your eye-care professional right away. He or she may want to repeat your eye exam to get an updated look at the condition of your retinas.

Why? With AMD, vision changes may happen quickly and be too subtle for you to notice. Some of these changes can signal a progression in your condition that requires treatment—as soon as possible.

[Click here to learn about the best way to monitor your vision](#)

[Work with your primary care doctor to manage your overall health](#)

Don't skip your annual preventive visit with your doctor, who'll run routine tests to check your overall health. And if you have high cholesterol, high blood pressure or high blood sugar, work with your doctor to manage your condition.

Why? Studies show that macular degeneration may be linked to high cholesterol, high blood pressure and high blood sugar. Controlling these may help you to protect your the vision you have.

[Join Sight Matters](#)

The Sight Matters community program from Bausch + Lomb is designed to help people with age-related macular degeneration protect their vision and take charge of their lives with AMD. When you join the program, you'll receive tools, information and coupons for the [AREDS and AREDS2](#) formula PreserVision eye vitamins.

[Click here to sign up for Sight Matters](#)