

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

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 active to help protect your vision—you can do it, even if you have mobility issues!

The good news is that you can build an exercise habit even if you have mobility or pain issues. Try to get at least 30 minutes a day of moderate-intensity aerobic exercise five days a week—enough to get your heart beating a little faster. Even walking helps. Start with a few minutes and build up.

Why? If you need some inspiration to start moving more, consider this: In one study of people with AMD, participants who walked a lot had a 30% lower risk of developing advanced macular degeneration compared to those who didn't walk much. Several other studies show that regular physical activity might prevent AMD from getting worse.

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

[Click here to find out how to add more activity into your life, whatever your fitness level.](#)

Wear the right type of UV-blocking glasses every day to protect your vision.

Your sunglasses are important, no matter how strong the sun is. Wearing sunglasses that block UV rays from the sun may help you preserve your vision. Check that your sunglasses block 99% to 100% of UVA

and UVB rays. Wraparound styles help protect your eyes from all angles. And when the sun is at its brightest, take the extra step of wearing a brimmed hat or cap to shield your eyes.

Why? The ultraviolet (UV) rays in sunlight can damage your macula and make AMD worse, even in the winter, by corrupting molecules in the macula's cells and generating damaging free radicals.

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

[Learn why you should use an Amsler grid to check your vision weekly](#)

An Amsler grid is a simple tool you can use to quickly check your vision weekly. It may help you spot important vision changes that can happen suddenly and be too subtle to notice without the grid. When you have macular degeneration, how you see the perpendicular lines on the grid may change. You can also use [an app](#) designed to do the same job as the Amsler grid.

Why? A change in what you see on the grid can mean that your condition has progressed and it's time to start a new treatment plan as soon as possible. Be sure to check weekly. Some people set a reminder on their smartphone or wall calendar. If you notice changes, contact your eye-care professional right away.

[Click here to download an Amsler grid](#)

[Talk to your doctor about taking an AREDS or AREDS2 formula supplement](#)

Depending on your most recent diagnosis, your doctor may recommend that you take an [AREDS or AREDS2](#) formula supplement. When you're shopping for the vitamins, make sure to choose one that has the exact nutrient formula that was used in the [AREDS](#) and [AREDS2](#) studies—and take it every day.

Why? There's only one nutrient formula that's been scientifically proven to help protect your eyes when you have AMD. [The National Eye Institute's Age-Related Eye Disease Studies \(AREDS and AREDS2\)](#) found that supplements with a specific nutrient formula significantly reduced the risk of AMD progressing in study participants with intermediate and advanced AMD and might prevent vision loss.

[Click here to learn more about AREDS formula vitamins](#)

[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](#)