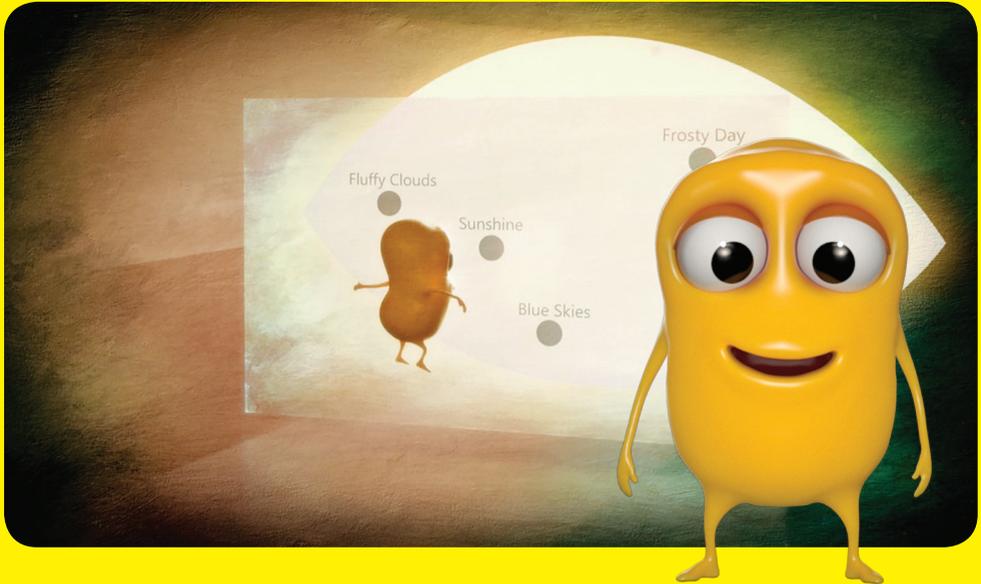


**Introducing**

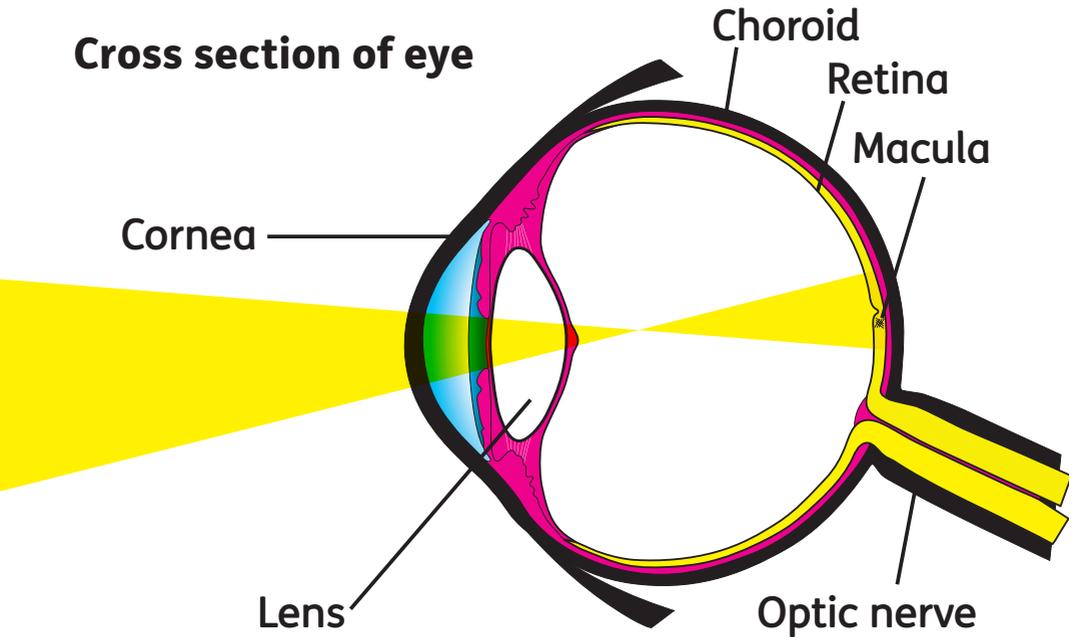
# **age-related macular degeneration and the Macular Society**



**Watch our short film about AMD at  
[www.macularsociety.org/mac](http://www.macularsociety.org/mac)**

# What is the macula?

The macula is part of the retina at the back of the eye. It is only about 5mm across but is responsible for our central vision, most of our colour vision and the fine detail of what we see.



# What is AMD?

Age-related macular degeneration (AMD) is the most common cause of sight loss in the UK. Many people with macular degeneration cannot read, drive or recognise faces. Young adults

and children can also be affected by inherited macular conditions.

Macular conditions affect central vision, and do not cause complete blindness. There is always some peripheral vision remaining.



Macular degeneration means losing the ability to see what is in front of you such as someone's face.

## Types of AMD

**Dry AMD** develops over many years as cells die and are not replaced. There is currently no treatment. Vision should be monitored regularly for changes.

**Wet AMD** causes rapid loss of central vision when abnormal blood vessels grow in the retina and then leak. Wet AMD can be treated with injections but this does not normally restore lost vision.

**Early treatment is vital.** People with suspected wet AMD should be seen by a hospital specialist within 2 weeks.

## **AMD risk factors**

Ageing, genetics, smoking, poor diet, high blood pressure and obesity are risk factors for age-related macular degeneration.

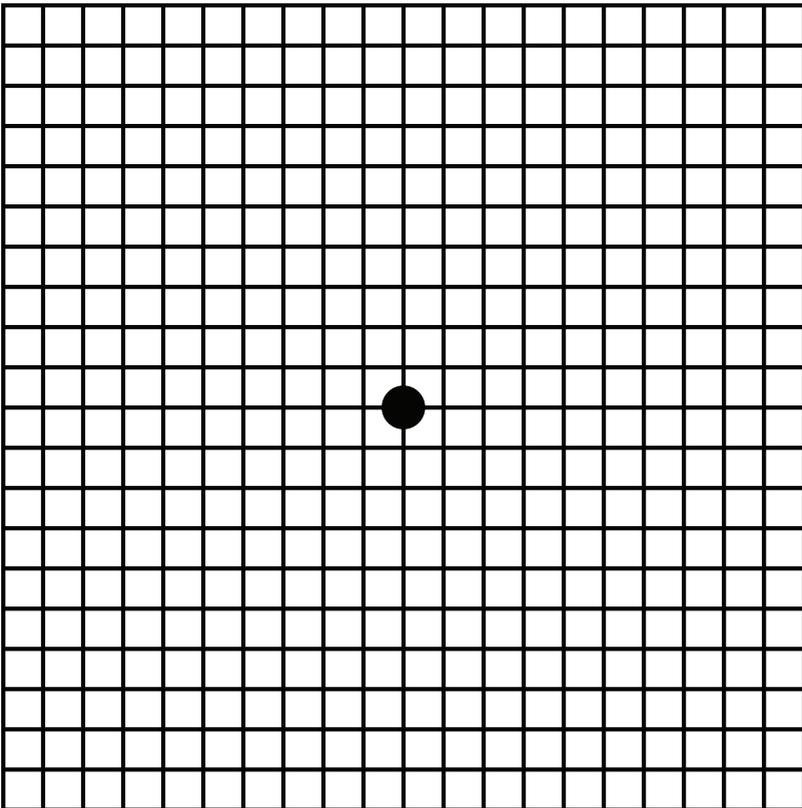
## **Protecting your eyesight**

- Do not smoke
- Eat a healthy diet / take a supplement
- Protect your eyes from the sun
- Manage your weight and blood pressure
- Get your eyes checked regularly

# Monitor your vision to spot changes early

Hold this Amsler grid at eye level, about 30cm from your eyes. Wear any glasses you usually use for reading, except varifocals. Cover one eye at a time and look at the centre dot.

If any lines appear wavy, distorted, blurry or have gaps contact your optician or eye doctor immediately.

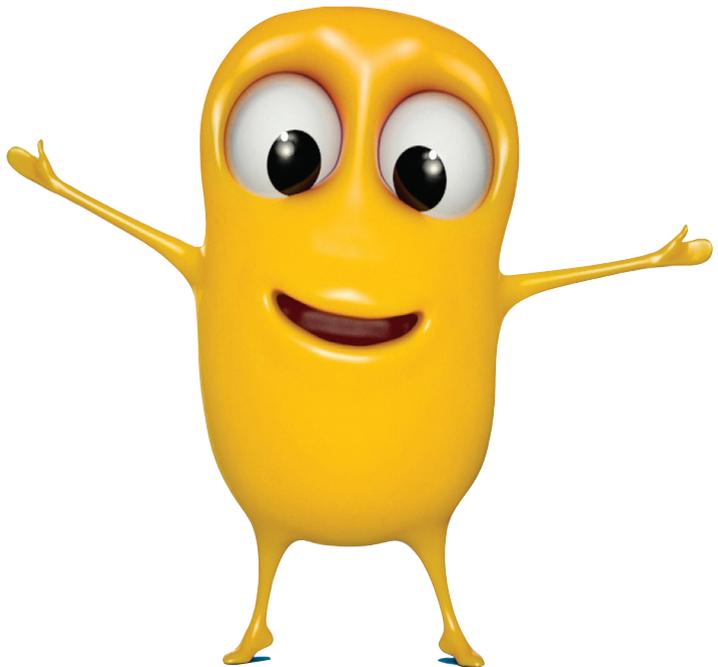


## Explaining AMD to family and friends

Explaining AMD isn't easy, from a medical point of view or an emotional one. For anyone affected by macular disease this can be frustrating and upsetting. They will need support and understanding from their family and friends.

We'd like as many people as possible to understand AMD and to raise awareness of the support the Macular Society is able to offer. To help with all the above, we've made a short video, featuring a character we've created called Mac.

This film can be seen at  
[www.macularsociety.org/mac](http://www.macularsociety.org/mac)



## How we help

We are the national charity for anyone affected by central vision loss. We provide free information and support to improve lives today. We fund research so that one day we can overcome macular disease.

All our services are free to those with macular conditions, their family and friends.

**Helpline 0300 3030 111 Monday to Friday  
9am – 5pm [help@macularsociety.org](mailto:help@macularsociety.org)**

**Counselling** – Talk, in confidence, to a professional counsellor.

**Support Groups** – We have over 300 local groups.

**Befriending** – Your befriender will call regularly for a friendly, social chat about anything you like including, but not always, macular disease.

**Gadget Guides** – help people adapt to living with sight loss by showing them gadgets and technology which can help.

**Skills for Seeing** – Our training programme can help you make best use of your remaining sight.

# Six months free membership

If you would like to receive regular updates about living with macular conditions, treatments and medical research to find a cure then membership is for you.

Join for free today by calling 01264 350 551 or go to [www.macularsociety.org/6months](http://www.macularsociety.org/6months)



**Support throughout central vision loss**

**Macular Society**

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