

Age-related macular degeneration (ARMD) is a retinal disease that causes loss of central vision in the macula. There are two main types of ARMD— dry and wet. Dry refers to the slow, progressive loss of central vision caused by loss of macular pigmentation and drusen development. Wet is the more severe form that results in leaking blood vessels of the macula, causing sudden central vision loss. Risk factors of ARMD include age, smoking, UV exposure, blue eyes, malnutrition, and family history of the condition.



Dr. Lyons has detected a risk factor for ARMD and is considering you at risk for development of the condition. This does not mean you *have* ARMD, but further testing may be required to assess your risks. The tests can be billed under your medical insurance.

Dr. Lyons has determined that you have age-related macular degeneration due to the findings during your eye health exam and evaluation of your risk factors.

Type: **Dry (non-exudative):** Mild Moderate Severe / **Wet (Exudative):** Uncontrolled Controlled

In 2001, the first Age-Related Eye Disease Study (AREDS) was completed and the results showed that a certain formulation of supplements did slow the progression of Age-Related Macular Degeneration (ARMD). Prior to this study, there was no effective treatment of early ARMD. Currently, this is the only proven way to help delay vision loss. Following the prescribed treatment plan will be the most critical factor in successful treatment. Below is the prescribed treatment plan by Dr. Lyons.

Treatment Plan:

- AREDS Supplement:** Take 1 / 2 capsule(s) per day.
 - Eyepromise AREDS 2 Plus (zinc-free): \$34.95 per bottle (\$31.00 per bottle with 6 bottle purchase)
 - Eyepromise AREDS 2 Plus with Multivitamin: \$38.95 per box (\$36.00 per box with 6 box purchase)
 - Eyepromise DVS: \$38.95 per bottle (\$35.00 per bottle with 6 bottle purchase)
 - Eyepromise Restore: \$33.95 per bottle (\$30.00 per bottle with 6 bottle purchase)
 - Eyepromise Zeaxanthin + Lutein (Vegetarian): \$36.95 per bottle (\$33.00 per bottle with 6 bottle purchase)
 - Also available online at www.FocalPointeEyeCare.com.

Testing for Age-Related Macular Degeneration:

T F [T represents those tests performed today, F are those planned for in the future]

- Macular Pigment Optical Density (MPOD):** The MPOD is the newest test that helps us determine your risk for development of ARMD, allowing us to start supplemental treatment before any damage occurs. We perform this test every 6-12 months as part of your regular exam. A score between 0.50-1.00 is normal, lower than 0.50 is abnormal. Your latest score was: _____ **Normal** **Low**
- Retinal Imaging:** Since ARMD is sometimes slowly progressive, a digital image of the retina is one of the most valuable tests performed, allowing monitoring of the condition over years.
- Optical Coherence Tomography (OCT):** The OCT is a revolutionary test that allows a 3-dimensional view of the retina layers, similar to an MRI. This provides a true analysis of the macula.
- Visual Evoked Potential (VEP) / Electroretinography (ERG):** The VEP / ERG measures the function of your visual system, from the front of your eye to the back of your brain. A delayed response in the signal could indicate that you have damage to your macula from ARMD.
- Genetic Testing:** Cells from your cheek are collected and sent to the Macular Risk testing lab. This test is designed to identify those who are likely to progress to advanced ARMD within 2, 5, and 10 years.