



Eye Health Education: Age-related macular degeneration

Age-related macular degeneration (AMD) is the leading cause of blindness in adults aged 55-plus. It is important to highlight this very common condition which, if left untreated, can have devastating results.

AMD is a degenerative disease of the macula. The macula is the small central area of the retina responsible for the ability to read, drive, recognise faces and other activities, which require us to see fine details.

There are two types of AMD:

1. Dry Macular Degeneration

This occurs due to the gradual breakdown of light sensitive cells and supporting tissue beneath macular leading to vision loss.

2. Wet Macular Degeneration

This occurs due to the growth of abnormal blood vessels beneath the retina. These blood vessels bleed, leak and scar, causing swelling and damage of the macular. Wet AMD causes rapid vision loss.

Risk Factors include:

- Ageing
- Heredity
- Smoking
- Hypertension
- High cholesterol
- Atherosclerosis
- Obesity
- Ultraviolet Rays

Symptoms of AMD:

- A blurring of central vision
- Straight lines may appear wavy or distorted

- Blind spots in central vision

Treatment

Treatment depends on the type of AMD but there is no known cure yet. Dry AMD is treated with nutritional intervention and eye vitamins. Wet AMD usually requires ocular injections to stop the growth of the abnormal blood vessels.

Early signs of AMD can be found during an eye examination, even if no symptoms are noticed. Do not wait until it's too late, visit your eye doctor if you suspect you have problems with your vision.

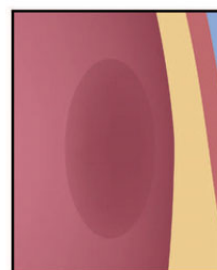
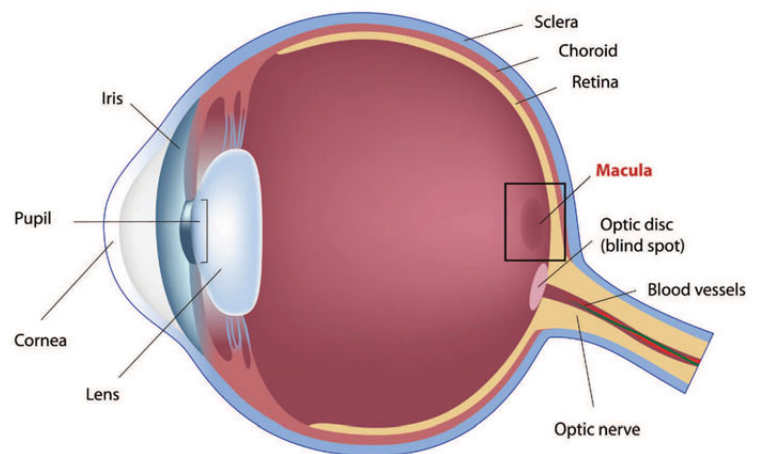
For more information on caring for your eyes visit www.trinidadseyehospital.org.



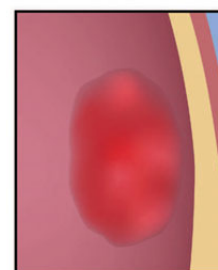
Trinidad Eye Hospital

The Trinidad Eye Hospital provides high quality, affordable eyecare services including retina, glaucoma, and cataract surgeries. They also offer comprehensive eye exams, diabetic retinopathy screening, vision assessment, and a full range of optometry services including eyeglasses. Visit the hospital at one of our locations in Trinidad.

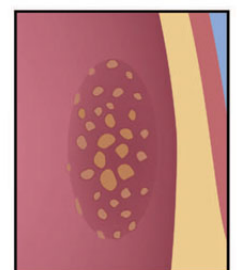
Macular Degeneration



Normal



"Wet" Macular Degeneration



"Dry" Macular Degeneration