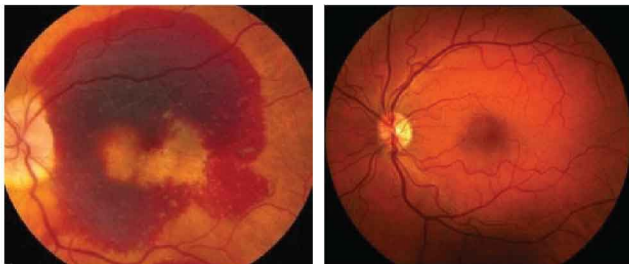


# Age-Related Macular Degeneration (ARMD)

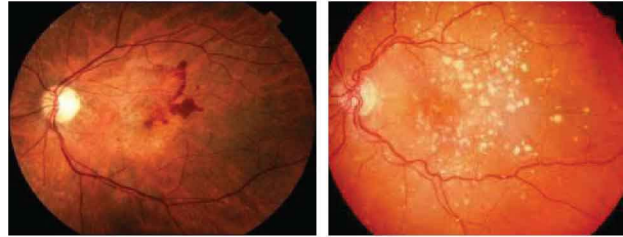
ARMD is an eye disorder among people over 60 years; it causes blurred or reduced central vision. The macula is the part of the retina responsible for clear vision in your direct line of sight.

## What is the difference between wet and dry macular degeneration?

**The Wet AMD:** affects approximately 10-15% of individuals with age-related macular degeneration, but accounts for approximately 90% of all cases of severe vision loss from the disease. Macular degeneration, abnormal blood vessels under the retina begin to grow toward the macula. Because these new blood vessels are abnormal, they tend to break, bleed, and leak fluid, damaging the macula.



**The Dry AMD:** affects approximately 80-90% of individuals with AMD. Its cause is unknown, it tends to progress more slowly than the wet type, and yet there is no approved treatment or cure. In dry age-related macular degeneration, small white or yellowish deposits, called "drusen", form on the retina beneath the macula causing it to deteriorate or degenerate over time.



## Who gets age related macular degeneration?

Leading cause of vision loss in 60 years of age and older (aging). New evidence strongly suggests smoking is high on the list of risk factors for macular degeneration. Other risk factors for macular degeneration include having a family member with AMD, genetic causes.

## Treatments for AMD:

There is no cure, but age-related macular degeneration treatments may prevent severe vision loss or slow the progression of the disease considerably.

### Anti-angiogenic drugs (Avastin / Lucentis):

These medications injected into the eye and it blocks the development of new blood vessels and leakage from the abnormal vessels within the eye that cause wet macular degeneration. This treatment has been a major change in the treatment of this condition and many patients have actually regained vision that was lost. The treatment may need to be repeated on follow-up visits.

### Laser therapy:

Laser light can sometimes be used to destroy actively growing abnormal blood vessels that occur in age-related macular degeneration.

### Vitamins:

Age-Related Eye Disease studies showed that for certain individuals, vitamins C, E, beta-carotene and zinc can decrease the risk of vision loss in patients with intermediate to advanced dry age-related macular degeneration.



511/3, Cotta Rd, Rajagiriya.  
Tel: 011 2880 200 / (011 2880 288)