AGE-RELATED MACULAR DEGENERATION

A guide to understanding AMD
Take some time to learn about AMD - it may help you hold on to your vision

AMD is an age-related degenerative disease that can take away your central vision

**AGE-RELATED MACULAR DEGENERATION (AMD)**

AMD is a chronic, age-related, degenerative disease of the macula. The macula is a very small and specialized area in the center of the retina, which allows you to see fine details directly in front of you, such as words in a book or images on television.

**AMD: the figures**

| AMD affects 20–25 million people worldwide and 2.3% of people ≥65 years of age in Europe¹,² |
| The more severe ‘wet’ type of AMD represents approximately 10% of all cases³ |
| AMD is the leading cause of severe vision loss and legal blindness in people aged over 50 in the Western world⁴ |

Early detection and intervention are vital to stop or delay vision loss

ضمور في البقعة الصفراء المرتبط بالسن هو مرض مرتبط بتقدم العمر والذي يمكن أن يفقد الرؤية المركزية الحالية بكت.

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المصادر:


الإحصائيات

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بؤرة ضمور البقعة الصفراء المرتبط بالسن على 20 إلى 25 مليون من عدد السكان العالمي و23% من سكان أوروبا في الدرجة العمرية الأكثر من 65 سنة

وبعد أحد أسباب انتشار ضمور البقعة الصفراء (ال不屑) حيث يمثل حوالي 10% من جميع الحالات (أي ما يقارب أكثر من 2.5 مليون شخص عالمياً).

ويعد ضمور البقعة الصفراء المرتبط بالسن أحد الأسباب الرئيسية لفقدان البصر أو ما يسمى بالعي العقلي للناس الذين تزيد أعمارهم عن 50 في منطقة العالم العربي.
In the case of dry AMD, unless it’s detected in a routine eye examination, you may not even realize that you have the disease until it reaches an advanced stage. This is due to its usually slow and painless progression over a period of years and the ability of one eye to compensate for any weakness in the other.

On the other hand, wet AMD can cause severe and irreversible central blindness, often within months, sometimes even weeks.

AM I AT RISK?

- Smoking
- Excessive weight/obesity
- High blood pressure
- Diet: a diet low in antioxidant vitamins and minerals is a significant risk factor
- Excessive sunlight exposure
- Age: risk increases with advancing age; from less than 10% for people 43–54 years of age to nearly 40% for people over 75
- Family history: up to 3 times greater risk within families (parents and siblings)
- Gender: women are more susceptible
- Race: Caucasians are at higher risk.

It is important to be proactive and make lifestyle changes, where possible, to reduce your risk of AMD developing or worsening.

WHAT IS DRY AMD?

Most of the time, AMD will begin as the less severe dry type and, for approximately 80–90% of people, it will remain that way. Dry AMD can develop in one eye or both.
As the disease continues to progress, the likelihood of it turning into the more severe wet AMD significantly increases. Approximately 40% of people with advanced AMD in one eye may develop advanced AMD in their remaining good eye over 5 years.

Treatment of dry AMD is focused on monitoring and slowing the progression of the disease. You should also consider making any modification to your lifestyle that will help to slow the progression of the disease.

Take your doctor’s advice about vitamin supplements. By doing so, the chances of progression to wet AMD may be reduced.

If untreated, wet AMD can cause rapid, severe, and permanent central vision loss in a matter of weeks.

It’s important to keep all of your scheduled check-ups because monitoring the progress of AMD can be one of the best defences against severe vision loss.
WHAT IS WET AMD?

Wet AMD is so named because of the involvement of blood in the deepest layers of the retina.

In a process called choroidal neovascularization (CNV), new and abnormal blood vessels spontaneously begin to grow beneath the retina and push their way up through it, like tree roots or weeds growing up through cracks in the pavement. Being weak and abnormal, these new vessels leak their contents of blood and fluid into the retina, which separates and lifts up the other layers like a blister. This process finally disrupts the photoreceptors (the cells that absorb light, enabling you to see), leaving them unable to send visual signals to the brain. This results in blank or blind spot in the central visual field.

Although wet AMD can occur spontaneously, it is usually preceded by dry AMD, which makes regular check-ups especially important.

Wet AMD is more aggressive than dry AMD. It can cause rapid, severe and permanent central vision loss in a matter of weeks.

If you noticed changes in your vision it’s important to see your doctor as soon as possible.

- Blurred vision
- Image distortion/wavy lines
- Blind spots

WHAT IS WET AMD?

Wet AMD is more aggressive than dry AMD. It can cause rapid, severe and permanent central vision loss in a matter of weeks. Treatment options include laser therapy, injections and surgery. It’s important to see your doctor as soon as possible if you notice any changes in your vision.

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- Blind spots
So while someone with AMD may experience extremely poor vision in their central visual field, their peripheral vision is not impaired.

HOW FAST DOES IT PROGRESS?

Unlike dry AMD, which progresses relatively slowly and may go unnoticed for years, wet AMD is more aggressive and can cause severe vision loss in a matter of weeks or months. Once you have wet AMD in one eye, the chances of it in your other eye are significantly increased.

AMD is diagnosed after a complete eye examination, so it is important to make sure you get regular check-ups.

Treatment of AMD is a process involving you and your eye doctor working together.

Because wet AMD is a chronic disease, constant monitoring of your progress is essential. That means doing your Amsler Grid tests as directed and keeping all scheduled appointments, whether for a check-up or additional treatments.

WHAT ARE THE SYMPTOMS OF WET AMD?

- Blurred vision
- Straight lines appear wavy or distorted (metamorphopsia)
- Blank spots in central vision (scotoma)
- Any combination of the above

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Vietnamese translation:

WHAT ARE THE SYMPTOMS OF WET AMD?

- Mất ảnh hưởng đến thị lực trung tâm
- Cố điểm trên đường thẳng trở nên cong hoặc rối loạn (metamorphopsia)
- Quá trình của các điểm mờ trong trung tâm (scotoma)
- Phản ứng từ các điểm mờ vào các điểm mờ trong trung tâm

Como traducción al árabe:

WHAT ARE THE SYMPTOMS OF WET AMD?

- ضعف الوعي في عضلة الورقة
- خطوط متشوهة أو مختلفة (تشوه الورقة)
- فتق في الورقة المركزية (لقم)
- أي نوع من الأعراض

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There are specific things you can do that may help to delay vision loss:

- Visit your eye doctor regularly - do not miss any scheduled appointments.
- Take the specific vitamin supplement, if recommended by your eye doctor.
- If you notice a change in your vision or your Amsler Grid test, contact your eye doctor immediately.
- Stop smoking - ask for help if you need it.
- Improve your diet - include more fresh fruits and vegetables, especially dark green leafy vegetables like spinach.
- Maintain a healthy body weight.
- Avoid excessive exposure to direct sunlight - wear sunglasses and a wide-brimmed hat to protect your eyes from UV light.
- Keep high blood pressure under control.
- Be proactive about vision rehabilitation and the use of visual aids.

The disease can have a profound effect on your quality of life.

References: