

# Age-Related Macular Degeneration (AMD)

## AWARENESS MONTH

### Signs & Symptoms

If you notice changes to your vision in the following areas you should speak with your doctor particularly if you are older than 50:

- You now have a blurred or blind spot in the center of your field of vision
- You require more light when reading
- You find it difficult to adapt to low lit areas
- Printed words become slightly blurry
- Colors do not seem as bright
- Sometime you have difficulty recognizing faces
- Your overall vision is becoming hazy



### Causes

Even though there is no known exact cause for Macular Degeneration, its origins are considered multi-factorial and the following factors may place you at a higher risk:

- Family history of Macular Degeneration
- Low macular pigment density
- Smoking
- High cholesterol
- Farsightedness
- Obesity
- Sun exposure

**Macular Degeneration is a leading cause of vision loss in Americans 50 years of age and older.**

**Ask us about MacuHealth with LMZ<sup>3</sup>**

