

# Wet AMD

## Approach Wet Age-Related Macular Degeneration (AMD) With Confidence

Did you know AMD is the leading cause of vision loss among people 50 years and older in the U.S.? It's estimated that the number of people with AMD will double from 2.07 million to 5.44 million in the U.S. by 2050.<sup>1</sup>



Many people think vision changes are a normal part of aging. But sometimes they are signs of a more serious problem. This guide will tell you more about Wet AMD and how you can play an active role in your eye health.

### What is Wet AMD?

Wet AMD is a retinal disease that may affect people as they age. It occurs when abnormal blood vessels grow and leak fluid under the macula, the part of the eye responsible for sharp central vision and seeing fine detail. This fluid can damage and scar the macula, which can cause vision loss.<sup>2</sup>

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## Risk Factors

Your risk of having Wet AMD may increase if you<sup>3</sup>:

- Live with Dry AMD (10-15% of cases progress to Wet AMD)
- Are 60 years or older
- Have a family history of Wet AMD
- Are female
- Are obese
- Are Caucasian
- Have a history of smoking
- Have high blood pressure
- Have heart disease

**Be sure to let your doctor know if any of these risk factors apply to you.**

## Symptoms

Wet AMD symptoms may appear suddenly and worsen quickly.

Symptoms include<sup>4</sup> :

- Blurriness in the center of vision
- Blind spots or patches
- Straight lines that look wavy
- Colors that look dull or washed out

**Make sure to talk to your doctor if you are experiencing any of the symptoms above to learn about the best plan for managing your eye care**



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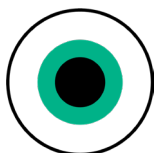
## How is Wet AMD Diagnosed?

Your eye doctor will review your medical and family history and do a complete eye exam to find out if you have AMD. The eye exam may include the following tests<sup>2</sup>:



### Visual Acuity Test

This test measures how well you see the letters on an eye chart from a distance.



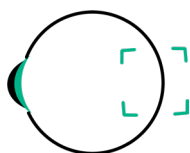
### Dilated Eye Exam

Your doctor puts drops into your eye to dilate (widen) the pupil. He or she can then see in the back of the eye, including the retina, for signs of problems or changes.



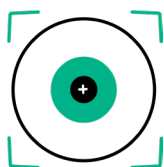
### Fluorescein Angiography

Dye is injected into a vein in your arm. The dye lets your eye doctor see the blood vessels in your eye to check for leaks or changes in the retina.



### Optical Coherence Tomography

This scan shows the layers of the retina and measures retinal thickness. It can help show your eye doctor if fluid is within or under the retina and other signs of AMD.



### Fundus Photography

This test lets your eye doctor look closely at your retina by taking pictures of the back of the eye.

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## Your Next Appointment: \_\_\_\_\_

### What else can I do to help protect my vision?

Below are some tips to help protect against vision loss :

- Maintain a healthy weight
- Eat a nutritious diet that includes green leafy vegetables, yellow and orange fruit, and fish
- Don't smoke
- Control blood cholesterol and blood pressure
- Exercise regularly
- Get regular eye exams, and talk to your eye doctor if you notice vision changes

### Learn more about certain retinal diseases like Wet AMD and living with low vision at [LookToYourFuture.com](https://www.looktoyourfuture.com).

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1. Facts about age-related macular degeneration. National Institutes of Health, National Eye Institute Website. <https://www.nei.nih.gov/learn-about-eye-health/resources-for-health-educators/eye-health-data-and-statistics/age-related-macular-degeneration-amd-data-and-statistics>. Accessed July 30, 2020.
  2. Age-Related Macular Degeneration. National Institutes of Health, National Eye Institute Website. <https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/age-related-macular-degeneration>. Accessed July 30, 2020.
  3. Risk factors for macular degeneration. Macular Degeneration Partnership Website. <https://www.macular.org/risk-factors>. Accessed July 30, 2020.
  4. Macular degeneration: understanding your disease – signs & symptoms. BrightFocus Foundation Website. <https://www.brightfocus.org/macular/symptoms-and-signs>. Accessed July 30, 2020
  5. Keeping your eyes healthy: get regular comprehensive dilated eye exams. National Institutes of Health, National Eye Institute Website. <https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/keep-your-eyes-healthy>. Accessed July 30, 2020.