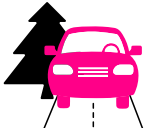


# Tips for Everyday Living

What can managing your Wet Age-Related Macular Degeneration (Wet AMD) look like? Check out these life and health tips to learn how you can help prioritize your vision and overall health and wellness.



## Travel Safely<sup>1</sup>

The blurriness and blind spots caused by Wet AMD can impact your ability to drive.

Consider asking a loved one to help you get around. Organizations such as **Rides In Sight\*** provide information on transportation options to people with low vision.



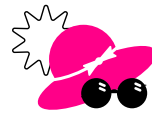
## Go Smoke Free<sup>2</sup>

Smoking is a risk factor for Wet AMD. Prioritize your vision and overall health by quitting today.



## Eat Well & Exercise<sup>1</sup>

Eating nutritious food, like brightly colored fruits and leafy green vegetables, and exercising regularly can be key in helping to reduce the risk of Wet AMD. Try keeping a journal to set goals and track your progress maintaining a healthy lifestyle.



## Ease Your Eyes

Ease some of the burdens on your eyes with some simple adjustments in your daily activities and in your home:

### + Sun Protection<sup>3</sup>

While outdoors, keep a hat with a visor and tinted anti-glare sunglasses on hand to offer your eyes protection against harmful UV light.

### + Reading Tips<sup>3,4,5</sup>

Having trouble reading? Try using a magnifying glass, purchasing large print books or increasing the type size or contrast level on your computer, cellphone, or e-reader.

### + Use Bright Lighting<sup>3,4</sup>

Consider installing bright lights throughout your home. Visit a lighting store to determine which type of bulb is best for you.

### + Use Colors & Labels<sup>3,4</sup>

Organize your living spaces with labels and colors to help you more easily find items at home or wherever else you spend a lot of time.

\*Rides In Sight is not affiliated or related to Regeneron. Regeneron does not influence or control the operations of Rides In Sight and cannot guarantee assistance will be provided. Rides In Sight is not an emergency service. If you have an emergency, call 9-1-1.

This resource is for informational purposes only and is not meant to replace a physician's medical advice.

#### References:

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