



DOCTOR DISCUSSION GUIDE

# Managing Macular Degeneration

Macular degeneration is a common cause of blindness in adults over the age of 50. However, it is possible to reduce your risk and possibly slow the progression once you've been diagnosed. Asking the right questions during your conversation will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

## Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

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<b>Amsler Grid</b>	A tool used to check whether lines look wavy or distorted, or whether areas of the visual field are missing. Call your ophthalmologist or optometrist right away if you notice any changes on the grid.
<b>Macula</b>	A small but important area in the center of the retina. Macular degeneration causes deterioration of the macula.
<b>Dry AMD</b>	The most common type, accounting for about 90 percent of all macular degeneration cases. It usually progresses very slowly. There are three stages: early, intermediate, and advanced.
<b>Wet AMD</b>	Accounts for approximately 10 percent of all macular degeneration cases. Scarring may occur, causing significant loss of vision and, in many cases, legal blindness.
<b>Blind Spot</b>	A small area within your visual field that contains no detected vision. In wet macular degeneration, blind spots are created by leakage of blood within the macula.
<b>Lutein</b>	An antioxidant that may reduce the risk of developing macular degeneration. Green leafy vegetables are rich in lutein.
<b>Low Vision Devices</b>	Low vision aids and devices are available to help you with daily activities. Talk with your ophthalmologist or vision rehabilitation team about solutions for your specific needs.

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