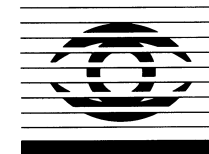


Age related macular degeneration



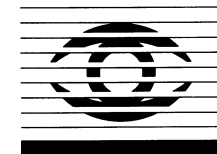
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Age-related macular degeneration (ARMD)



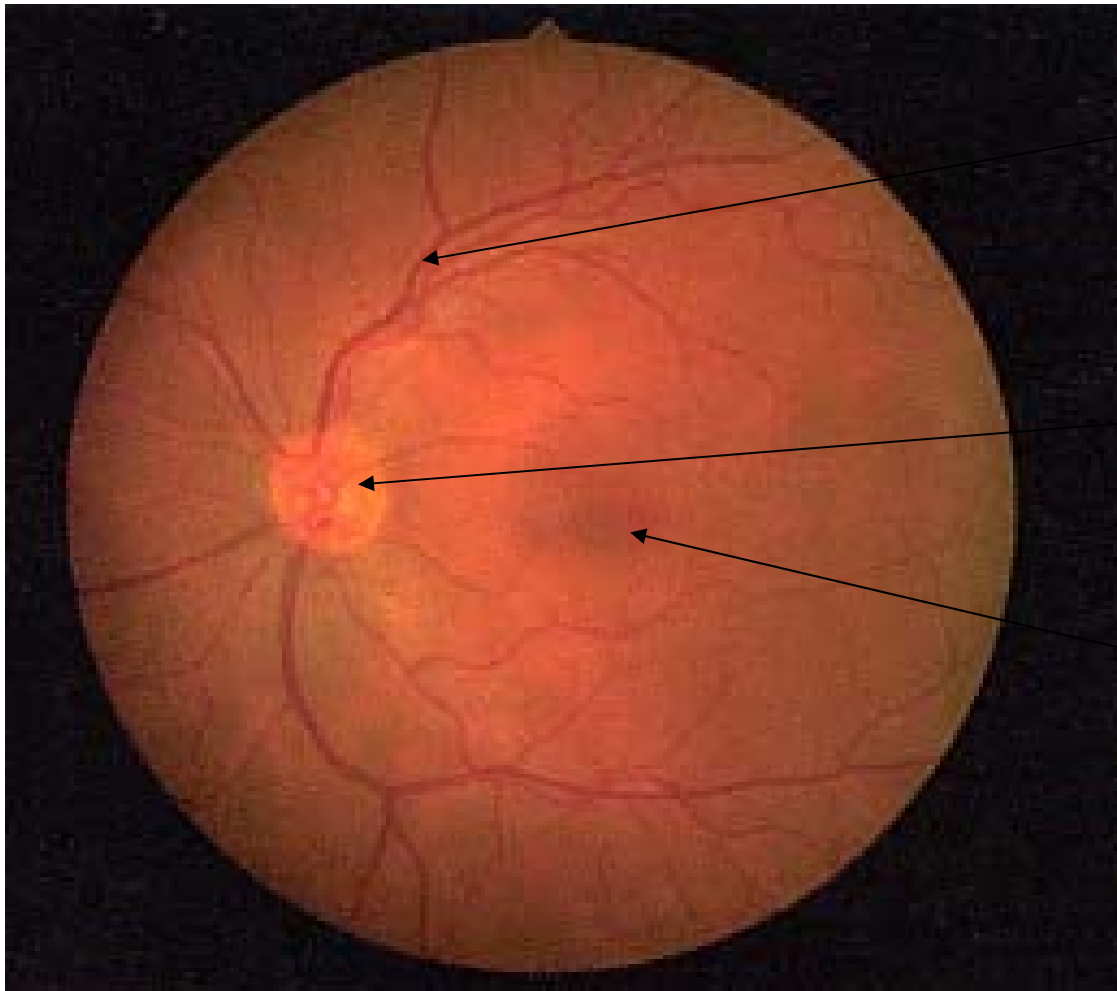
Damage or breakdown of the macula that occurs with age



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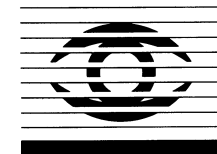
Normal retina



retinal blood
vessels

optic nerve

macula



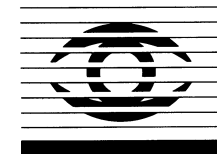
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The macula



- A small area of the retina used for central vision
- Provides fine, detailed vision
- Used for reading, close work



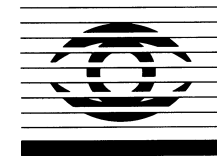
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ARMD becomes more common with age

- 4% over 40 years
- 9% over 50 years
- 23% over 65 years
- 31% over 80 years
- Men and women equally affected

Ref: www.optometrists.asn.au: eye diseases

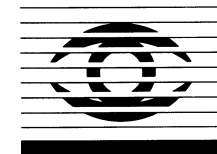


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Symptoms of ARMD

- Loss of central vision
- Vision loss is usually gradual
- People notice problems reading, even with their glasses
- Side vision usually is unaffected



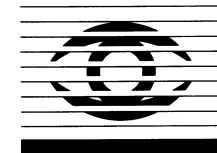
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Types of ARMD

1. **Dry ARMD**

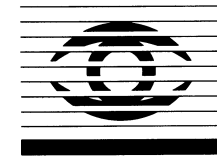
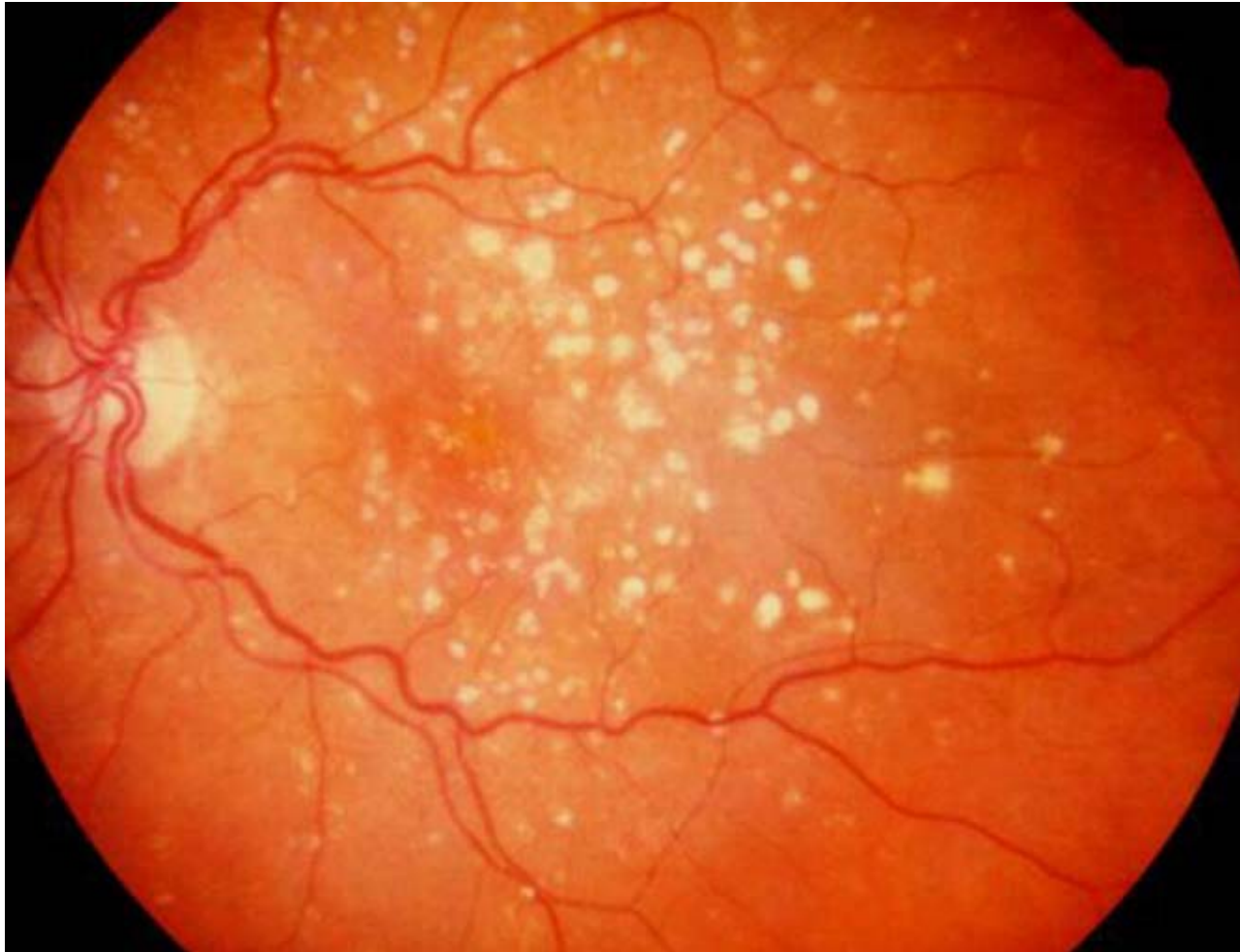
- Usually slow deterioration of vision
- small deposits called “Drusen” form around the macular area
- No treatment, only regular review



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Dry ARMD



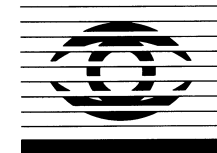
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Types of ARMD

2. Wet ARMD

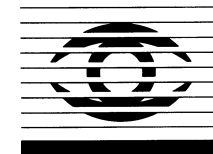
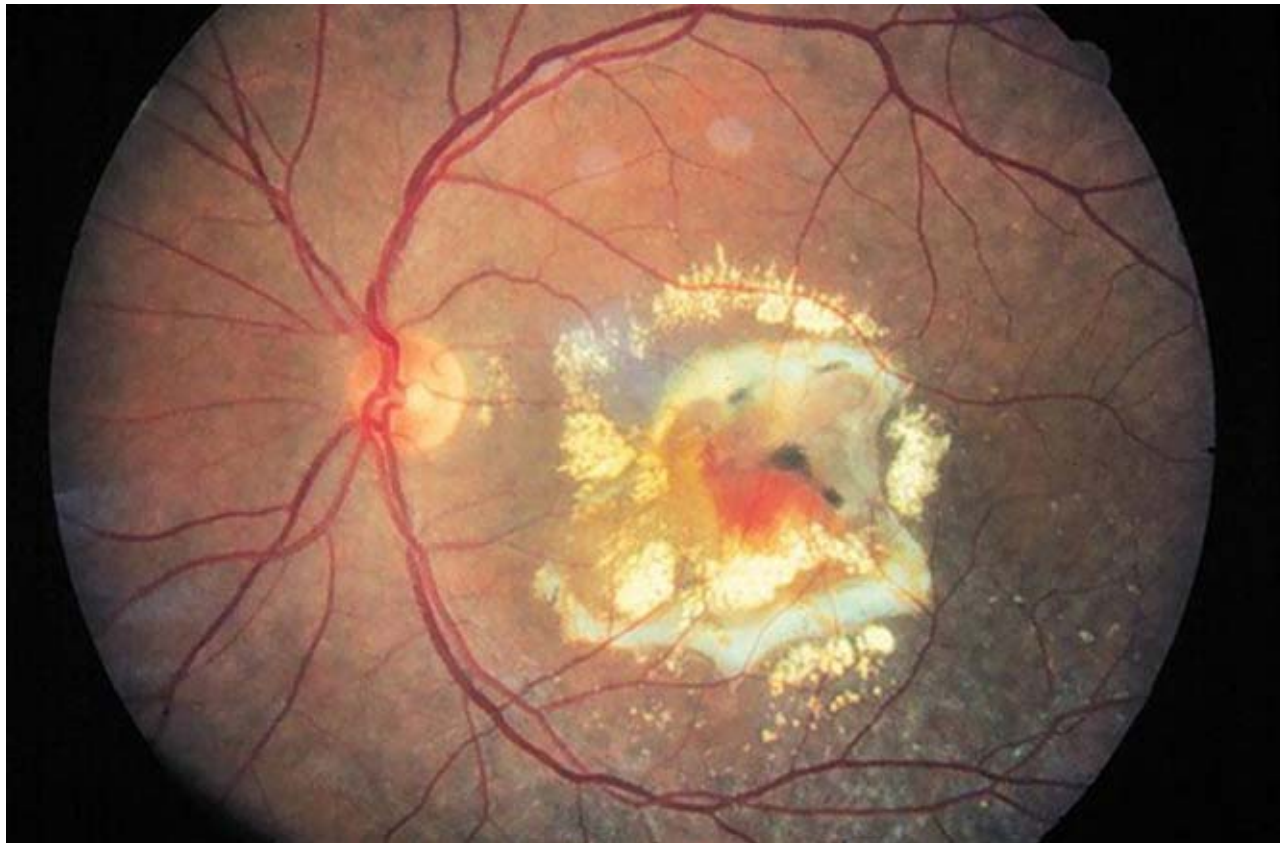
- more serious
- fluid accumulates underneath retina, causing distortion
- requires immediate ophthalmological treatment



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Wet ARMD

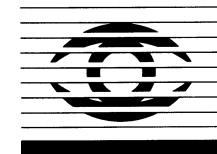


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Tests for ARMD - ophthalmoscopy

- an instrument with a strong light enables an optometrist to see the retina
- drops may be required

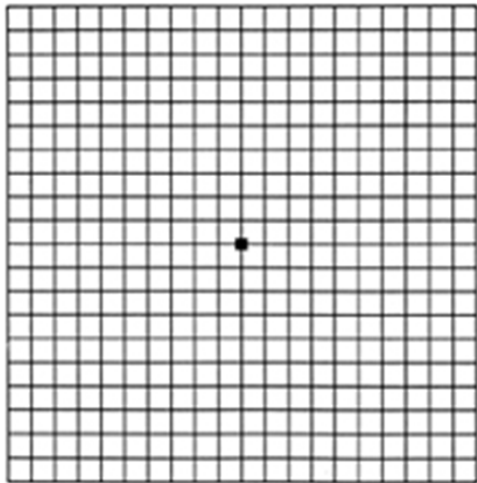


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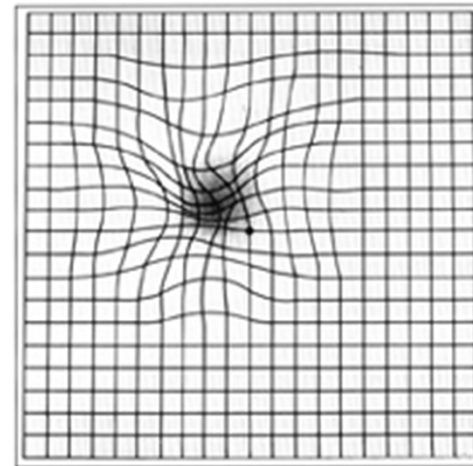
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Tests for ARMD - Amsler grid

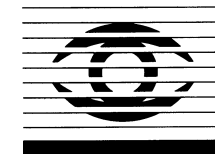
View with normal vision



Distorted view with ARMD



- Tested monocularly
- Can be used at home for self monitoring



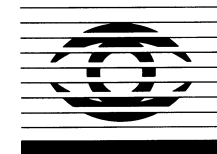
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Treatment for ARMD



- When new vessels grow under the retina surgery is an option
- Surgery is best done as early as possible after these serious developments occur
- The aim is to prevent further vision loss

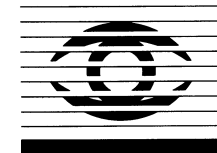


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To help loss of vision through ARMD

- Correct, up to date glasses can be prescribed (maximum strength for reading)
- Good lighting
- Magnification devices
- Your optometrist can advise you on all of these options



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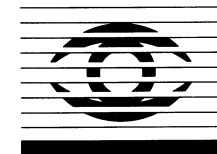
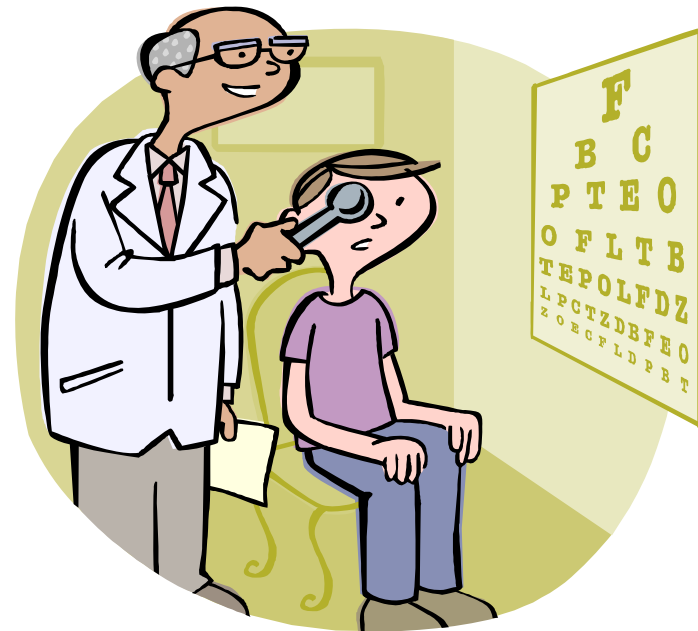
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Regular visual examinations are vital

- Every two years if over forty
- More often if any ARMD is noticed

AND

- If you think there is a change in your vision

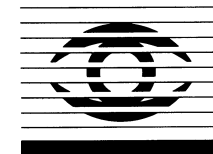
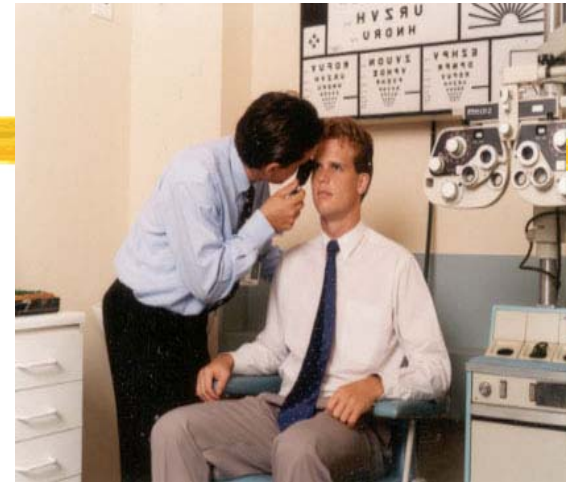


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Optometrists

- Detect and diagnose problems with eye health
- Prescribe glasses or contact lenses, if required
- Diagnose and treat problems with focusing



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How to find an optometrist

- Yellow pages
- NZ Association of Optometrists

Phone 0800 430 322 (or 0800 4 EYECARE)

www.nzao.co.nz



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