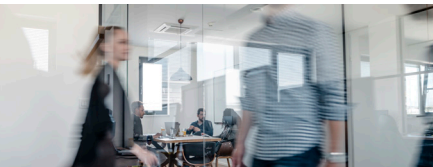


What Is AMD?

Age-related macular degeneration (AMD) is an eye health disease that compromises central vision. Little deposits in the eye called drusen build up in the center of the retina called the macula, distorting and eventually destroying vision.

Symptoms include:



Visual distortion



Difficulty reading



Lines that appear wavy



Difficulty driving



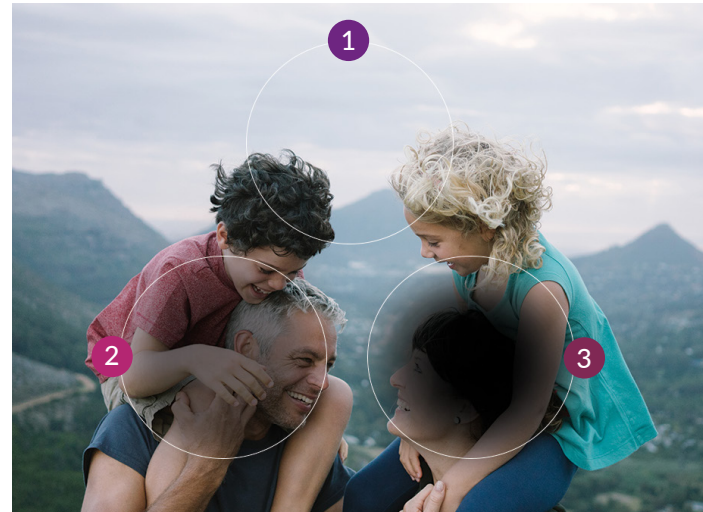
Blurring of central vision



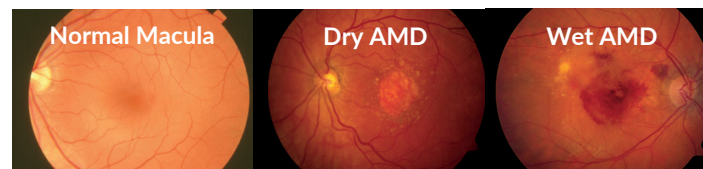
Difficulty recognizing faces

AMD currently has no cure, and the effects are permanent and irreversible. The progression of AMD varies by person, so identifying the most common risk factors can help reduce the risk of AMD or slow its progression.

Stages of AMD



- 1 Early AMD**, the first stage, is diagnosed by the presence of medium-sized drusen, or yellow deposits under the retina, and usually does not include vision loss.
- 2 Intermediate AMD** is typically identified by large drusen and/or pigment changes in the retina. These are changes that can only be detected during an eye exam. In this stage of AMD, individuals may notice vision loss to some degree, but most will not experience any symptoms.
- 3 Late AMD** have large drusen deposits and vision loss from damage to the macula.



The two types of late AMD include:

- Geographic atrophy (Dry AMD)** accounts for 90% of diagnosed cases.
- Neovascular AMD (Wet AMD)** accounts for 10% of diagnosed cases and 90% of legal blindness.

Risk Factors for AMD

Non-Modifiable



Age

It's in the name, and it's the risk factor with the heaviest impact.



Family history

AMD is an inherited disease, meaning that if a family member has it, you're at a greater risk for developing it.



Gender (female)

Studies show that women are more likely to develop AMD.



Light skin and eyes

Lighter skin and eyes means the body naturally has less pigment. This translates to less protection against harmful light like UV and blue light.

Modifiable



Current or previous smoker

Smoking increases the risk of many health concerns. Even if you've quit smoking, your risk is still higher.



Diet low in vegetables

Brightly colored and leafy green vegetables are high in vitamins, minerals, and antioxidants that have been demonstrated to support eye health.



Low macular pigment

This is the protective pigment found in the macula, the part of the retina affected and ultimately destroyed by AMD.



High Body Mass Index (BMI)

There is a correlation between being overweight and an increased risk for AMD.

Protecting Your Eyes Through Nutrition

Few people know that there's a strong relationship between what you eat and your eye health. Maintaining a healthy diet is one of the simplest ways to preserve your vision. Eating more brightly colored fruits and vegetables as well as leafy greens can help reduce the risk of developing or worsening AMD.

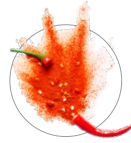


Nutritional Supplementation

A common care protocol for AMD is nutritional supplementation. As studied in the National Eye Institute's AREDS 2 Clinical Trial, those with AMD need to supplement with zeaxanthin, lutein, Vitamin C, Vitamin E, zinc, and copper to help promote eye health. In the trial, 90% of participants accompanied these nutrients with a multi-vitamin. Additionally, studies show that Omega-3s and Vitamin D3 are also beneficial in protecting aging eyes.*

*Results recorded in several studies.

What Ingredients Should I Look For?



Zeaxanthin

An important antioxidant that protects peripheral vision and helps reduce the effects of digital screens on the eyes.



Lutein



Vitamin C



Vitamin D



Vitamin E



Omega-3s



Zinc

According to the Institute of Medicine's Food and Nutrition Board, the daily tolerable upper intake level of zinc for healthy adults is 40 mg. The tolerable upper intake level is the maximum amount of a nutrient that a human can consume without suffering potentially dangerous side effects.

EyePromise

Age-Related Macular Degeneration:

The Leading Cause of Blindness In Adults 50+

