



# AGE RELATED MACULAR DEGENERATION AND OTHER VISION LOSSES

THE DREAM TEAM

(AMD)

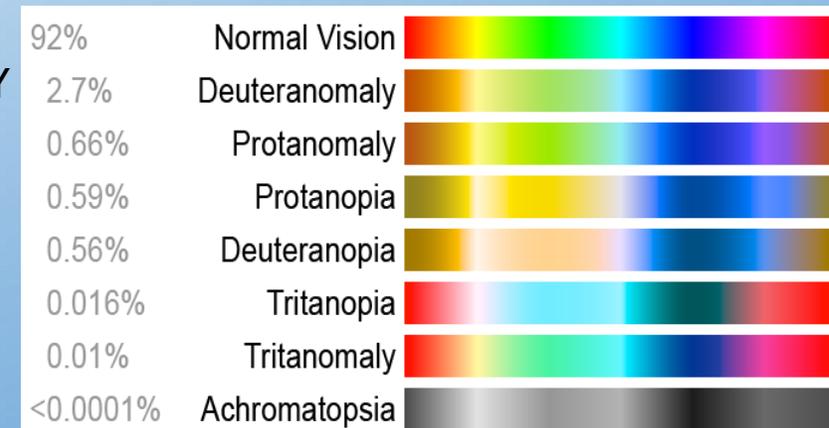


# A GENERAL INTRODUCTION TO BLINDNESS

- VISUAL IMPAIRMENT CAN LIMIT PEOPLE'S ABILITY TO PERFORM EVERYDAY TASKS AND CAN AFFECT THEIR QUALITY OF LIFE AND ABILITY TO INTERACT WITH THE SURROUNDING WORLD.
- WE WANT TO EDUCATE THE GENERAL PUBLIC ON VISION LOSS, SO MORE PEOPLE ARE AWARE OF THE PROBLEMS THAT ARE SUFFERED, SPECIFICALLY AMD.
- 224,000 PEOPLE ACROSS IRELAND SUFFER FROM VISUAL IMPAIRMENT
- THERE ARE MANY PRECAUTIONS YOU CAN TAKE IN ORDER TO REDUCE YOUR CHANCES OF EXPERIENCING A LOSS OF VISION, WHICH WILL BE COVERED IN MORE DETAIL THROUGHOUT THIS PRESENTATION.

# THE BLINDNESS SPECTRUM

- IS NOT AN AREA OF ABSOLUTES
  - AGE-RELATED MACULAR DEGENERATION - RETINITIS PIGMENTOSA
- 'APPLES AND ORANGES' TYPES OF VISION LOSS
  - RP  $\neq$  AMD  $\neq$  JUVENILE X-LINKED RETINOSCHISIS  $\neq$  USHER SYNDROME
- THOSE 'VISUALLY IMPAIRED' CAN SOMETIMES MAINTAIN INDEPENDENCE
- CAN BE LINKED TO OTHER DISEASES
  - DIABETIC RETINOPATHY - STICKLER SYNDROME - ALBINISM
- WITH SOME HELP, BLIND PEOPLE CAN INTEGRATE PERFECTLY INTO SOCIETY
- AND NOW ONTO THE NEXT PERSON! =)

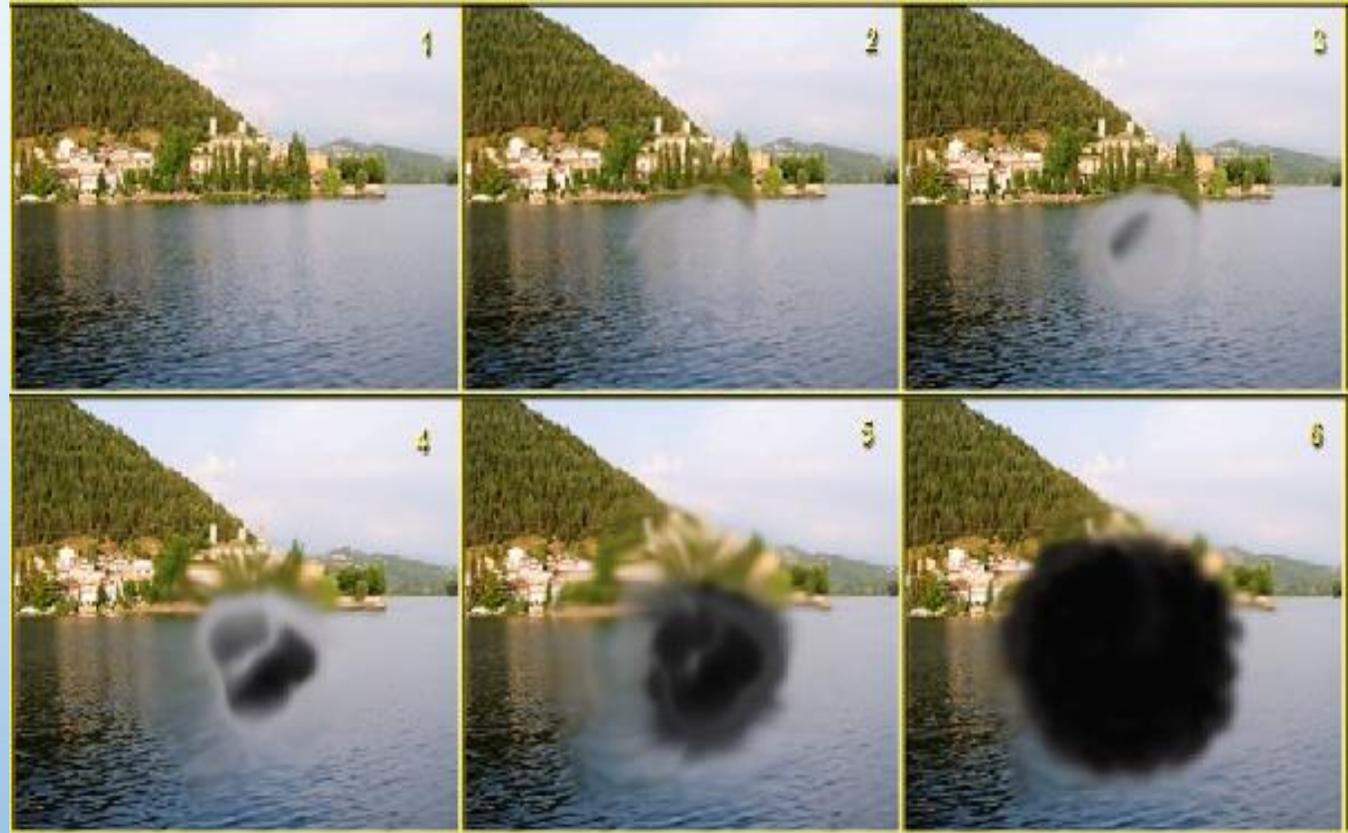


# WHAT IS AGE RELATED MACULAR DEGENERATION?

- Age-related macular degeneration (AMD) is a disease that causes the gradual loss of sight due to blurring or loss of central vision.
- AMD is the leading cause of vision loss among people aged 50 and older in the Western World. Research carried out in Waterford Institute of Technology indicates that 7% percent of Irish people aged fifty or older are living with AMD. This proportion is likely to increase as our population ages.
- AMD is a chronic disease – it cannot be cured and in many patients sight cannot be restored after it is lost.

# SYMPTOMS & DETECTION

- There are two forms of AMD, Early and Late.
- In Early AMD the signs that the retina is damaged are visible only to your eye care practitioner.
- In some people, AMD advances so slowly that vision loss does not occur for a long time.
- As AMD progresses, a blurred area near the centre of vision is a common symptom. Over time, the blurred area may grow larger or you may develop blank spots in your central vision.
- As the exact cause of AMD is unknown it is important to take care of your eyes and note any changes in your vision.



# 75-80% OF BLINDNESS IS PREVENTABLE. TO REDUCE YOUR RISK OF VISION LOSS, YOU CAN;

- Visit your local optometrist at least once every two years to get an eye test. Your optometrist may be able to detect early signs of blindness.
- Wear sunglasses when outside as the sun can cause damage to your retinas.
- Eating a healthy diet can reduce your risk of vision loss. Antioxidants such as Vitamin C, Vitamin A, Vitamin E, and selenium are all beneficial for your eyes.

# SOURCES

- FIGHTING BLINDNESS
- 'GUIDE TO THE CONDITIONS OF THE RETINA'
- [HTTPS://GHR.NLM.NIH.GOV](https://ghr.nlm.nih.gov)
- [HTTPS://ABF.ORG](https://abf.org)
- [HTTPS://VISIONAWARE.ORG](https://visionaware.org)