

MACULAR DEGENERATION ANALYSIS

To Our Patients:

We continuously strive to provide our patients the very best in eye care services. Recently, we acquired new technology that allows us to assess your risk of developing an eye disease called Macular Degeneration. This disease is a leading cause of blindness in adults and there is no adequate treatment; however, it can be managed if caught early. We can now take measures to reduce your risk of developing this disease. The test is a light response test that only takes a few minutes.

Possible Risk Factors for Macular Degeneration *(please check if any of the following apply to you)*

- Age:** over 60
- Family History:** *(please check all that apply):*
 - Macular Degeneration,** Glaucoma, Cataract, High Blood Pressure, Diabetes, Heart Disease
- I have** *(please check all that apply):*
 - Macular Degeneration,** Glaucoma, Cataract, High Blood Pressure, Diabetes, Heart Disease
- Female**
- Light Eyes, Light Skin**
- Sensitive to Light**
- Excessive exposure to sun**
- Smoker** (check even if you have quit)
- Inadequate consumption of green, leafy vegetables**

We strongly recommend that you take this test, so we can determine your risk for Macular Degeneration and develop a base-line measurement that allows us to track any changes that might occur in the future. Since this is a new test, never before available, it is not covered by your insurance; however, the cost to you is \$25.00.

Should you have any questions, please do not hesitate to ask.

I understand my risk factors for Macular Degeneration and choose to:

- ACCEPT TEST**
- DECLINE TEST**

Print Name

Date

Patient Signature

Macular Degeneration - New Advances



Age-related Macular Degeneration (AMD) is a disease of the eye caused by the deterioration of the central portion of the retina, known as the macula. The macula is the area responsible for central vision. Early symptoms of AMD can include visual distortion, causing lines to appear wavy and blurring of your central vision, which may cause difficulty in reading, driving and recognizing faces.

AMD is quickly reaching epidemic proportions. Currently greater than 15 million people in the U.S. are affected and it is estimated that by 2020 that number will double. AMD is the leading cause of blindness in adults and currently there is no cure. The effects of this disease are both permanent and irreversible.

Frequently, our doctors hear the following questions from our patients – “Doctor, my mother has Macular Degeneration and she can no longer drive. I’m worried it could happen to me. Can you tell me if I am at risk?” and “I am only in my mid-thirties. My father has Macular Degeneration. I’m really worried – how can I be sure I will not be losing my vision when I get older?”

Brand new technology and research has given our doctors at VCC the tools to identify those patients who are at risk for developing AMD. Our doctors will then place those patients who are found to be at risk for AMD on a prevention program. Let us answer a few questions about AMD, risk assessment and a AMD prevention program.

*** What are the risk factors for developing AMD?**

A family history of macular degeneration, smoking (even if you smoked & quit), light skin and eyes, frequent

unprotected exposure to the sun, overweight, female gender and having low macular pigment.

*** What is macular pigment?**

Macular pigment is composed of two elements, Lutein and Zeaxanthin that are part of the family of compounds known as carotenoids. The highest concentration of Zeaxanthin is in the center of the macula and Lutein is in the peripheral part of the macula. These compounds are contained in plants and protect them from light damage. It is known that Lutein and Zeaxanthin also protect the retina against wavelengths of light that can initiate harmful photo-oxidation. Research has shown that these carotenoids may also offer protection against AMD.

*** Can macular pigment be measured and is it important?**

Decreased macular pigment is a major contributor to the development of AMD. Determining the Macular Pigment Optical Density (MPOD) can assess a person’s risk for developing AMD. Our practice is one of the first in the U.S. to have the QUANTIFEYE™ technology. The QUANTIFEYE instrument can measure patients MPOD in approximately 5 minutes.

*** I am concerned about AMD – what can I do?**

Discuss your risk factors with our doctors. You can’t change heredity, but you can stop smoking and lose weight. Have an annual dilated eye examination of your retina. Get a baseline measurement of your MPOD with the new QUANTIFEYE technology. If your MPOD measurement is low, our doctors may recommend a change in your diet along with appropriate supplementation to restore depleted levels of Zeaxanthin and Lutein in your macula. Macular pigment levels can be increased, thus lowering your risk for vision loss. Remember, that starting an early prevention program can reduce the risk of developing AMD.

So, at your next vision appointment, ask about AMD and let our doctors determine if you are currently at risk for developing this eye disease.

EyePromise RESTORE

If our doctors find that you are at risk for the development of macular degeneration, they may recommend that you take a daily dose of a new dietary supplement called EyePromise RESTORE. This new supplement has Zeaxanthin and Lutein in the same 1:1 ratio as found in a healthy macula. EyePromise RESTORE is the only dietary supplement to offer a therapeutic dose of Zeaxanthin in its formula. Lutein is already known to be beneficial and research is showing that Zeaxanthin may be even more important for healthy vision. Zeaxanthin is not easily obtained from the average diet and may need to be supplemented to bring macular pigment to healthier levels. Other ingredients in EyePromise RESTORE include vitamins C, E, Zinc, Alpha Lipoic Acid and Omega 3’s. It has excellent anti-oxidant and anti-inflammatory properties.

