

# PROTECT YOUR EYES



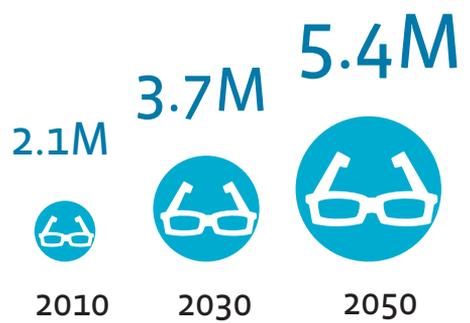
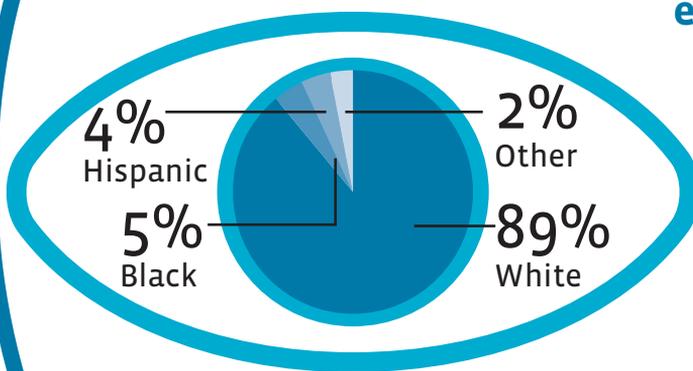
## Age-Related Macular Degeneration (AMD) FACTS & PREVENTION TIPS

### A LEADING CAUSE OF VISION LOSS IN THE U.S.

AMD is a leading cause of vision loss in the U.S. It destroys the macula, the part of the eye that provides sharp, central vision needed for seeing objects clearly.\*

**2.1 million people in the U.S. have AMD**

**As the population ages, the number of cases is expected to increase**



### AMD RISK FACTORS



Being **over age 50**



**Smoking**



**White race**



**Family history of AMD**



**REDUCE YOUR RISK**

**Avoid smoking**



**Exercise regularly**



**Maintain normal blood pressure and cholesterol**



**Eat a healthy diet that includes green leafy veggies and fish**

### THE BOTTOM LINE



**Early detection is important. If you are over age 60, get a dilated eye exam at least once a year.**

Source: National Eye Institute, NIH, 2013



National Eye Institute  
[www.nei.nih.gov](http://www.nei.nih.gov)

\*Note: Prevalence estimates are on late AMD, involving neovascular AMD and geographic atrophy.