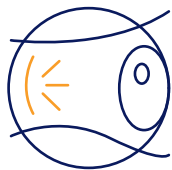


DID YOU KNOW?



MACULAR DEGENERATION FACTS

Macular Degeneration is the leading cause of severe, **permanent vision loss** in people over 50

It is more common among Caucasians and people with **light-colored eyes**

78% of patients have **irreversible vision loss** by the time they seek treatment

Poor night vision is an early indicator and **UV exposure is a risk** factor

25% of Macular Degeneration disease is **undiagnosed**

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MOA ANNUAL EYE PHYSICAL

Caring for your eyes is so much more than vision correction. Even if you have perfect vision, you could still have undetected eye disease. Just as you have an annual exam for your physical health, you need an annual eye physical for your total visual and ocular health. MOA's Annual Eye Physical is recommended for all adults and school-aged children, especially if you have a family history of eye disease or diabetes. Customized to your unique needs, the Annual Eye Physical can help detect, diagnose, treat, and manage potential issues before they become serious problems.

See what you've been missing!

The Future of Eye Health...

MEDICAL OPTOMETRY AMERICA is dedicated to the long-term health of your eyes. Our doctors have advanced training and the latest, state-of-the-art technology required to provide total medical care for your visual and ocular health. We detect diseases at their earliest stages, treat issues before they become significant problems, and provide relief for existing conditions. With MOA, you get the best of today's leading medical science with the personalized attention you want from your primary eye care doctor.

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Macular Degeneration



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It can take up to 10 years after the onset of Macular Degeneration for the symptoms to appear.

Age-related Macular Degeneration (AMD) is a serious eye disease that can significantly impact vision. It is caused by damage to the macula, the area in the back of the eye that is responsible for the sharp, detailed vision in the central part of your visual field. Because it is a progressive condition that can not be cured, having AMD means your vision will get worse over time, often leading to permanent vision loss. Since early detection is key, it is important to receive a comprehensive annual eye physical.

2 Types of Age-Related Macular Degeneration

DRY AMD

This is the most common type, representing approximately 90% of all AMD. It thins or damages the macula, the central region in the back of your eye. Because Dry AMD often starts in one eye, the symptoms are easy to ignore as the unaffected eye compensates for the gradual vision loss in the damaged eye.

WET AMD

This occurs from leaking blood vessels in the back of the eye resulting in distorted central vision and blind spots. This can occur suddenly and can have much more profound effects on your vision.

RISK FACTORS FOR MACULAR DEGENERATION

- Older age, especially 55+
- Caucasians
- Light-colored eyes
- More common in women
- Long-term sun exposure
- Family history of AMD
- Certain common medications
- Overweight or obesity
- Cardiovascular disease
- Smoking

NORMAL VISION



MACULAR DEGENERATION

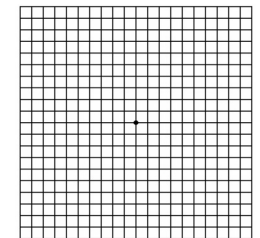


Slow the Progression

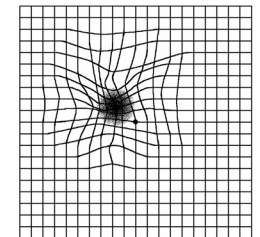
The good news is that there are many things you can do to help prevent AMD. These easy actions can slow the disease progression and preserve your vision, including:

- An at-home version of the Amsler Grid Test, an easy tool to help screen for AMD and monitor its progression
- Dietary and lifestyle modifications
- UV protection
- Ocular nutrition

AMSLER GRID TEST



NORMAL: LINES ARE STRAIGHT



ABNORMAL: LINES ARE SHADED/DISTORTED

Talk to your MOA Medical Optometrist to customize a plan that's best for you.

COMMON SYMPTOMS

- Difficulty seeing at night
- Blurry vision
- Lines that should be straight appearing wavy
- Trouble recognizing faces
- Sensitivity to glare
- Difficulty adjusting to low light and from light to dark
- Needing more light to read or do detail work
- Reduction in or loss of central vision