

Patient information

Dry Age Related Macular Degeneration

St Pauls Eye Unit Department

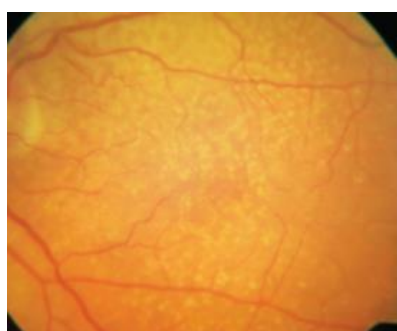
This leaflet gives information and advice for patients diagnosed with the Dry form of AMD.

What is Dry AMD?

Age Related Macular Degeneration (AMD) is a disease of the macula, which is the central part of the light sensitive tissue at the back of the eye called the retina. It can lead to loss of central vision.

When the macula is affected blurring and distortion of the central vision occurs interfering with reading, watching TV and other important daily activities, AMD occurs in two forms.

- Dry AMD occurs when the light sensitive tissue of the macula slowly deteriorates, gradually affecting vision.



An example of an eye with Dry Age Related Macular Degeneration (AMD) showing multiple Drusen (the yellow spotted areas).

Wet AMD occurs when abnormal blood vessels grow in the macula. They can leak and bleed, causing damage to your vision.



An example of an eye affected with Wet AMD showing haemorrhage (blood).

Although no specific treatments are available currently for Dry AMD it usually only progresses very slowly. You can take some precautions that may help lower your risk of any further degeneration to your eyes and vision.

A healthy lifestyle may help



Stop smoking (if you smoke this is the biggest factor you can change).



Eat a low fat, low cholesterol, balanced diet which should include green leafy vegetables, fresh fruit and fish.



Take recommended nutritional supplements, which contain high potency vitamins and minerals such as beta-carotene, zinc and vitamins C & E.



Maintain normal blood pressure.



Watch your weight and take regular exercise.

Dry AMD can progress to Wet AMD and it is important to look out for the early signs of this change. One of the early Wet AMD symptoms is for straight lines to appear distorted and wavy.

You can check your own vision using the Amsler Grid on the following page.

Hold the grid about 12" (30cm) in front of your eyes

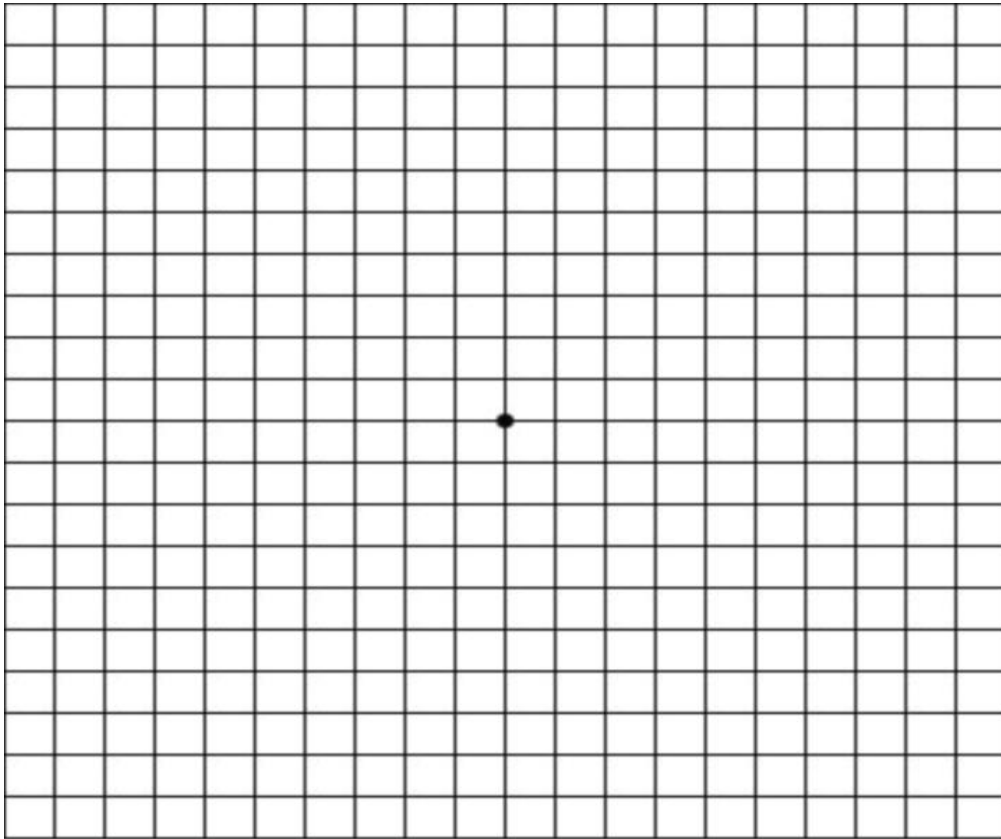
- You can wear your reading glasses (but not Varifocals).
- Cover one eye with your hand and focus on the centre spot with your other eye. Do you see blurring, distortion or a blank patch at the centre? This maybe a sign of wet AMD.
- Test your other eye in the same way.

If you do notice any changes in the appearance of the grid it is important to seek Ophthalmological advice without delay – ring or attend the St. Paul's Eye Primary Care Unit* of the Royal Liverpool University Hospital or your local eye unit.

You can check your vision weekly using any straight line, such as bathroom tiles, crossword puzzles etc. You must cover one eye at a time and check each eye separately.

*Telephone number on reverse of leaflet

Amsler Grid



Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated

Further Information

Eye Clinic Liaison Officer
St. Paul's Out-patients department
Tel: 0151 706 3995
Text phone number: 18001 0151 706 3995

**St Paul's Eye Emergency Department
Royal Liverpool Hospital
Tel: 0151 706 3949
Text phone number: 18001 0151 706 3949**

**Bradbury Fields
Tel: 0151 221 0888
Web: www.bradburyfields.org.uk
Email: info@bradburyfields.org.uk**

**Macular Disease Society (MDS)
Tel: 0845 241 2041
Email: info@maculardisease.org
Web: www.maculardisease.org**

**Royal National Institute for the Blind (RNIB)
Helpline Tel: 0303 123 9999
Email: helpline@rnib.org.uk
Web: www.rnib.org.uk**

**St Paul's Eye Appeal
Royal Liverpool Hospital
Tel: 0151 706 4291
Text phone number: 18001 0151 706 4291
Email: info@eyecharity.com
Web: www.eyecharity.com**

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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