

# Age related macular degeneration



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OF OPTOMETRISTS INC.

# **Age-related macular degeneration (ARMD)**



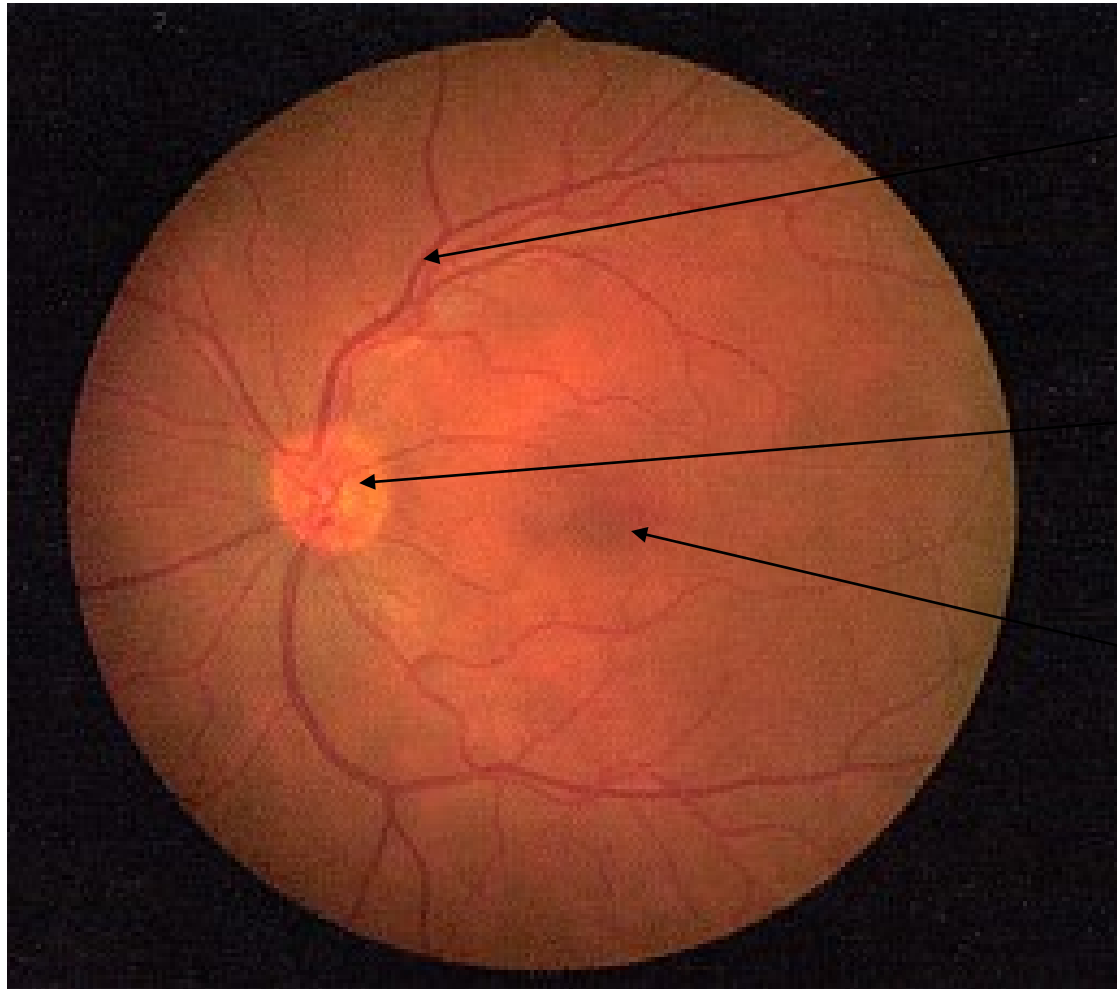
**Damage or breakdown of the macula that occurs with age**



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# Normal retina



retinal blood  
vessels

optic nerve

macula



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# The macula



- A small area of the retina used for central vision
- Provides fine, detailed vision
- Used for reading, close work

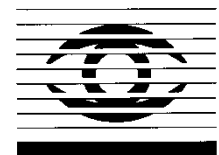


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# ARMD becomes more common with age

- 4% over 40 years
- 9% over 50 years
- 23% over 65 years
- 31% over 80 years
- Men and women equally affected

Ref: [www.optometrists.asn.au](http://www.optometrists.asn.au): eye diseases



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# Symptoms of ARMD

- Loss of central vision
- Vision loss is usually gradual
- People notice problems reading, even with their glasses
- Side vision usually is unaffected



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# Types of ARMD

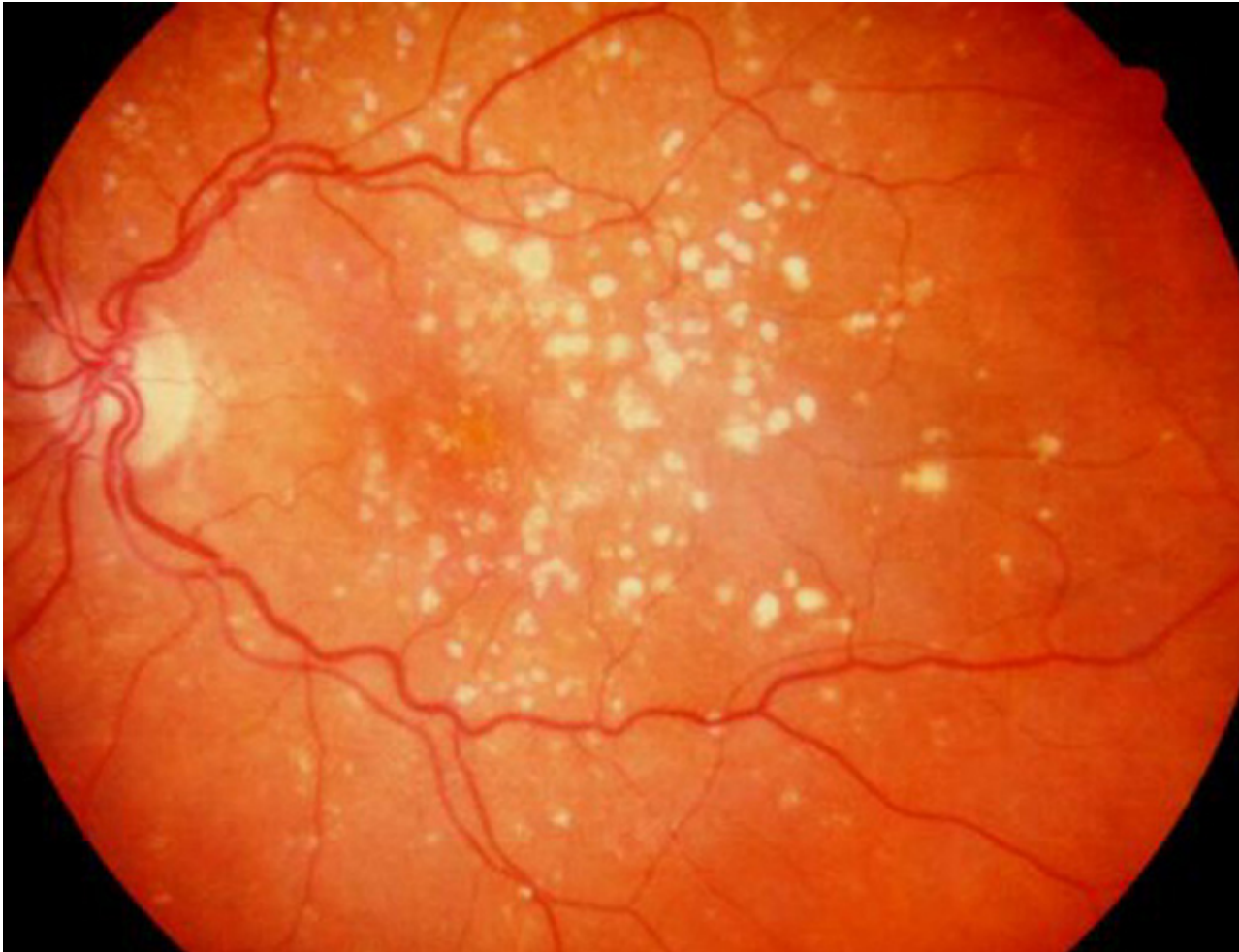
## 1. Dry ARMD

- Usually slow deterioration of vision
- small deposits called “Drusen” form around the macular area
- No treatment, only regular review



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# Dry ARMD



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# Types of ARMD



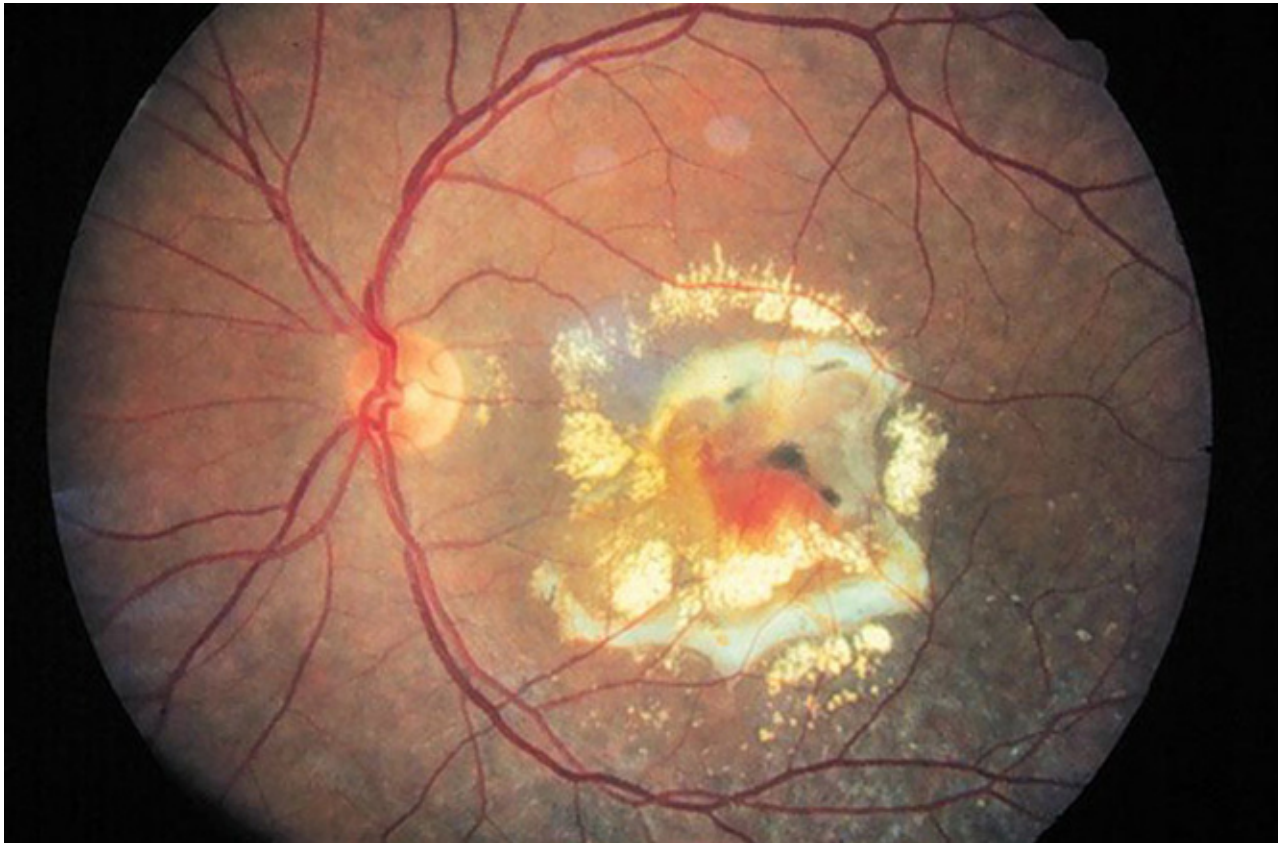
## 2. Wet ARMD

- more serious
- fluid accumulates underneath retina, causing distortion
- requires immediate ophthalmological treatment



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# Wet ARMD



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# Tests for ARMD - ophthalmoscopy

- an instrument with a strong light enables an optometrist to see the retina
- drops may be required

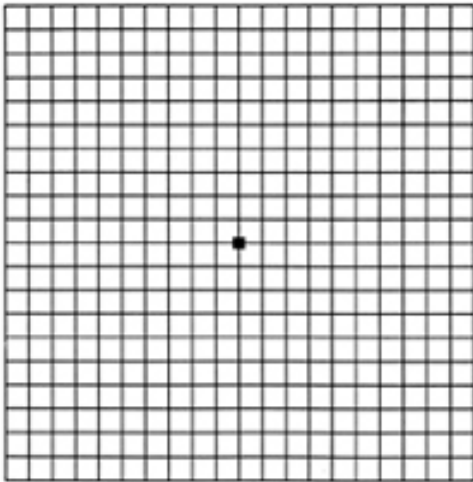


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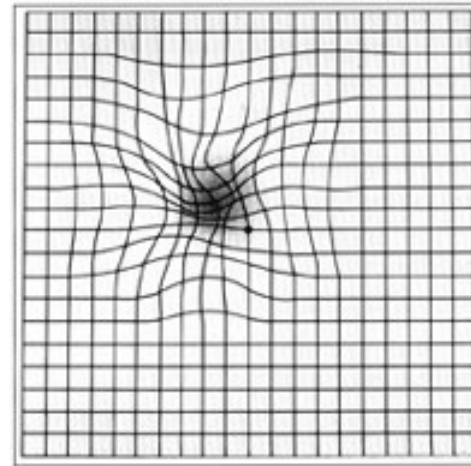
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# Tests for ARMD - Amsler grid

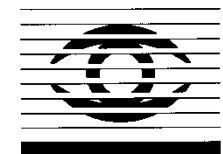
View with normal vision



Distorted view with ARMD



- Tested monocularly
- Can be used at home for self monitoring

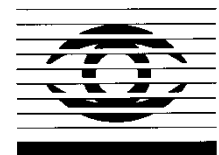


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# Treatment for ARMD

- When new vessels grow under the retina surgery is an option
- Surgery is best done as early as possible after these serious developments occur
- The aim is to prevent further vision loss



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# To help loss of vision through ARMD

- Correct, up to date glasses can be prescribed (maximum strength for reading)
- Good lighting
- Magnification devices
- Your optometrist can advise you on all of these options



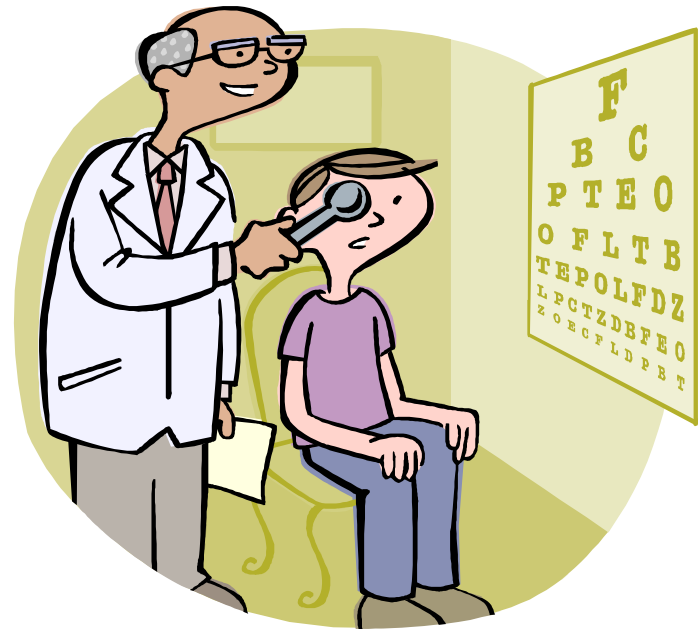
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# Regular visual examinations are vital

- Every two years if over forty
- More often if any ARMD is noticed

## AND

- If you think there is a change in your vision



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# Optometrists

- Detect and diagnose problems with eye health
- Prescribe glasses or contact lenses, if required
- Diagnose and treat problems with focusing



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# How to find an optometrist

- Yellow pages
- NZ Association of Optometrists

Phone 0800 430 322 (or 0800 4 EYECARE )

[www.nzao.co.nz](http://www.nzao.co.nz)



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