

Health Economics, Health Policy and Healthcare Management

Amr Fuwaz Al-Faqih, Health Care Curr Rev 2025, Volume 13

Macular degeneration and rare diseases: prevention and daily challenges

Amr Fuwaz Al-Faqih
Yemen

My name is Amr Fuwaz Al-Faqih, and I am 19 years old. I am a person suffering from macular degeneration, and I am not the only one, as there are many people around the world suffering from this disease. I am here today to talk to you about macular degeneration, a disease that affects the retina in the eye, leading to central vision loss.

Macular degeneration is one of the most common causes of vision loss in people over 50 years old. Most people affected by this disease have a family history of it. This disease can lead to a gradual loss of vision and affect a person's daily life. Therefore, it is essential that we are all aware of the causes and symptoms of this disease and follow preventive measures, such as eating foods rich in vitamins and minerals, quitting smoking, avoiding heavy lifting, maintaining a healthy weight, and getting regular eye exams.

It is also important to note that this disease may have treatment options, such as laser therapy, hormone therapy, or surgery. However, there are still diseases that have not been discovered yet, and we hope that they will be discovered in the future. It is also important to note that people suffering from this disease may experience difficult psychological symptoms, including:

- Difficulty studying in schools and universities
- Difficulty reading and writing
- Difficulty recognizing people and objects
- Seeing wavy lines
- Difficulty performing daily activities
- Feeling hopeless and depressed
- Feeling isolated and withdrawn
- Feeling fearful of the future
- Feeling guilty and ashamed
- Feeling angry and suspicious

We would like to inform you that Arab countries, particularly Yemen, do not care about patients and do not take care of people suffering from eye diseases. They do not even help them pay for treatment abroad, which makes the patient suffer even more and with greater difficulty in dealing with them.

Health Economics, Health Policy and Healthcare Management

In conclusion: rare diseases in Arab countries and the suffering that patients go through in their daily lives. I would like to thank you all for choosing me to speak at your conference and for listening to me.

Biography

Amr Fuwaz Yahya Al-Faqih was born on February 19, 2005, in Sana'a, Yemen, where he currently resides. He is a Yemeni national and is in his final year of high school, pursuing a diploma in the Literary Section. Amr has also completed three courses in English Language Studies at the Yali Institute. He is fluent in Arabic and has an advanced level of English, which he continues to improve through online learning. Despite being diagnosed with macular degeneration and suffering from severe visual impairment, Amr remains determined to complete his high school education and explore educational or career opportunities that accommodate his health condition. He relies on the support of his family and community to navigate these challenges and remains focused on building a promising future.

Received: January 10, 2025; **Accepted:** January 13, 2025 ; **Published:** March 30, 2025