

## Age Related Macular Degeneration

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### INTRODUCTION

Age-related macular degeneration (AMD) is an eye disease that can blur the sharp, central vision you need for activities like reading and driving. "Age-related" means that it often happens in older people. "Macular" means it affects a part of your eye called the macula.

In the case of the retina these particles sometimes get deposited behind the retina at the area of the macular and accumulate over the years forming what we call drusen. This raises the macular area and impede it function. Sometimes this causes fluids to leak into the macular area causing what we call wet AMD. It is a more severe version of the condition and causes visually loss quickly. When drusen is caused by fats and other particles deposit we get dry AMD. Signs of AMD may start to manifest from the age of 40.

### WET VS. DRY MACULAR DEGENERATION

There are two main types of age-related macular degeneration:

- Dry form. People with this may have yellow deposits, called drusen, in their macula. A few small drusen may not cause changes in your vision. But as they get bigger and more numerous, they might dim or distort your vision, especially when you read. As the condition gets worse, the light-sensitive cells in your macula get thinner and eventually die. In the atrophic form, you may have blind spots in the center of your vision. As that gets worse, you might lose central vision.
- Wet form. Blood vessels grow from underneath your macula. These blood vessels leak blood and fluid into your retina. Your vision is distorted so that straight lines look wavy. You may also have blind spots and loss of central vision. These blood vessels and their bleeding eventually form a scar, leading to permanent loss of central vision.

### DIAGNOSIS AND TREATMENT

Diagnosing of AMD may initially involve a simple visual test using the Amsler Grid where patient would be required to report any anomalies in the grid appearance such as distorted lines or missing parts. Further test may include angiography and ocular coherence tomography test to ascertain the type and the extent of damage.

One of major treatment methods used is antioxidant supplementation. With no cure in place for AMD we seek to manage the condition and high antioxidant supplementation may help reduce the progression of the condition giving the patient more time to ensure the vision as they may be at the time of diagnosis. Some patients may also require visual aids to help with their vision [1-5].

### CONCLUSION

AMD diagnosis is not a blindness sentence however early diagnosis help with a better prognosis for treatment and maintaining or managing vision. Hence, regular eye exams should be practiced, we should not visit the clinic only when we have a problem with our vision because sometimes it may be too late. A healthy diet is a healthy living, good habits should help improve your overall health. Stay healthy and stay safe.

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