**PROTECT YOUR EYES**

**Age-Related Macular Degeneration (AMD)**

**FACTS & PREVENTION TIPS**

**A LEADING CAUSE OF VISION LOSS IN THE U.S.**

AMD is a leading cause of vision loss in the U.S. It destroys the macula, the part of the eye that provides sharp, central vision needed for seeing objects clearly.

2.1 million people in the U.S. have AMD

As the population ages, the number of cases is expected to increase

- **2010**: 2.1M
- **2030**: 3.7M
- **2050**: 5.4M

**AMD RISK FACTORS**

- Being over age 50
- Smoking
- White race
- Family history of AMD

**REDUCE YOUR RISK**

- Avoid smoking
- Exercise regularly
- Maintain normal blood pressure and cholesterol
- Eat a healthy diet that includes green leafy veggies and fish

**THE BOTTOM LINE**

Early detection is important. If you are over age 60, get a dilated eye exam at least once a year.

Source: National Eye Institute, NIH, 2013

*Note: Prevalence estimates are on late AMD, involving neovascular AMD and geographic atrophy.*