

# AMD: A global health problem

## AMD

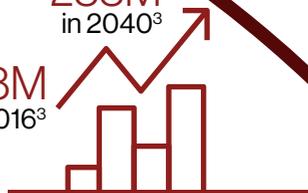
is the **leading cause** of sight loss in Ireland for over 50s<sup>1</sup>



No.3 cause of blindness globally<sup>2</sup>

178M in 2016<sup>3</sup>

288M in 2040<sup>3</sup>



Number of people with AMD

## What is Age-Related Macular Degeneration?

AMD is a progressive eye disease that affects the macula at the back of the eye, which is responsible for central vision and allows you to see detail.



## Two types of AMD

### 85%

#### Dry AMD<sup>4</sup>

- Gradual worsening
- Less severe



### 15%

#### Wet AMD<sup>4</sup>

- Rapid worsening
- Abnormal, leaking vessels under the retina
- Severe vision loss

### 90%

#### of severe vision loss

among all AMD patients is due to

### wet AMD

## Risk Factors<sup>5,6</sup>



Smoking



Older age



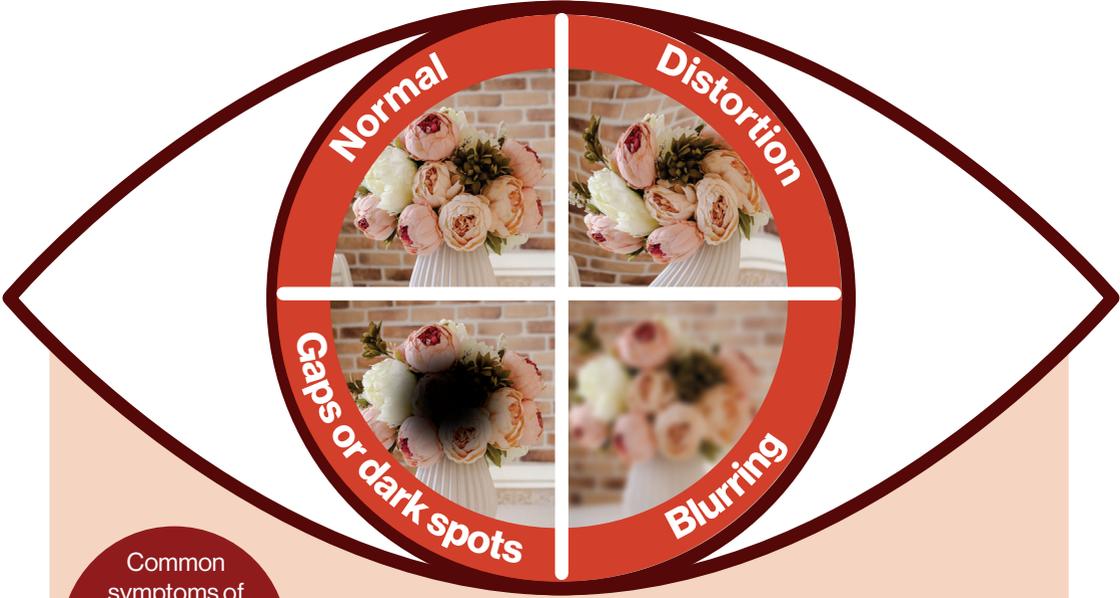
Poor diet



family history

**If you notice any change in your eyesight, please see an eye care professional immediately.**

See more information overleaf



Common symptoms of AMD include **distortion, gaps or dark spots, and blurring**<sup>7</sup>

Macular degeneration affects people in different ways. Symptoms may develop slowly if you have dry AMD, especially if it's only in one eye. However, as the condition progresses, your ability to see clearly will change.

## What can you do?

AMD cannot be prevented; however, treatment is available and the onset can be delayed by making some lifestyle changes and through regular eye tests.



You should have your eyes tested every 2 years by an eye doctor or an optometrist



Eat more leafy greens rich in lutein



Take supplements like vitamin E and zinc



Stop smoking

## If you notice any change in your eyesight, please see an eye care professional immediately.

**References:** 1. The cost of sight loss report 2011. 2. Prevention of Blindness and Visual Impairment. WHO website. <http://www.who.int/blindness/causes/priority/en/index7.html>. Accessed October 2018. 3. Wong WL, Su X, Li X, et al. Global prevalence of age-related macular degeneration and disease burden projection for 2020 and 2040: a systematic review and met analysis. *Lancet Glob Health*. 2014;2:106-16. 4. Gottlieb JL. Age-related macular degeneration. *JAMA*. 2002;288:2233-6. 5. Cheung CM, Laude A, Yeo I, et al. Systemic, Ocular and Genetic Risk Factors for Age-related Macular Degeneration and Polypoidal Choroidal Vasculopathy in Singaporeans. *Sci Rep*. 2017;7:41386. 6. Risk Factors for Macular Degeneration. American Macular Degeneration Foundation website. <https://www.macular.org/risk-factors>. Accessed October 2018. 7. Macular Society Guide to AMD accessible pdf MS002JUN17 – <https://www.macularsociety.org/amd-symptoms>. Accessed July 7th 2019.



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Date of preparation: July 2019  
IE02/OPT19-CNF004