



Age related macular degeneration



We acknowledge Holly McLennan - Brown for the use of her artwork.

Connect

Vision Australia
Alice Springs

1300 84 74 66

AliceSprings@visionaustralia.org

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What is age related macular degeneration

Age related macular degeneration (ARMD) is an eye problem at the back of the eye (retina). It is also known as AMD or ARMD.

There are two types of ARMD: dry and wet. Dry AMD slowly affects your central vision. Wet AMD quickly takes away your central vision. To look after your eyes, it's important to visit the optometrist regularly.

Signs of age related macular degeneration:

- A slow or quick drop in being able to see things clearly.
- Hard to read (glasses can't help).
- Hard to write, watch TV, see faces or colours.
- Your eyes will play tricks on you. You will see things that are not there.

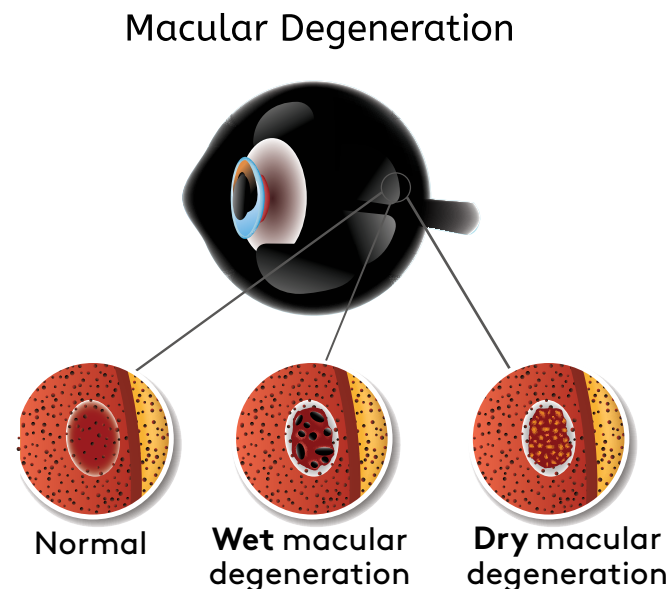
Are you at risk

You can be at risk of developing AMD if:

- If you have a relative with the condition
- If you are 75 years or older or;
- You are a smoker

Can AMD be treated

Although there is currently no cure, there is medicines that can help keep the vision that you have for as long as possible. If you have AMD, the doctor will help stop more damage to your eyes.



Reducing your chances of getting AMD

There are some important ways to care for your eyes. This includes:

- Going to the optometrist regularly.
- Exercise.
- Eating healthy food.

Contact Vision Australia

Vision Australia helps people who are blind or have low vision live the life they choose. Some of the ways we can help you include:

- Visual aids to improve your remaining vision.
- Advice around specialised equipment.
- Strategies to do daily tasks independently.