



Simple steps to save your sight

Age-related macular degeneration (AMD) is the number one cause of vision loss and blindness in older adults.

Your vision is too important to leave to chance. A healthy lifestyle and good medical care can help you avoid AMD or catch it early, before it damages your sight.

AMD damages central vision, which means things like reading, driving and seeing faces are limited or impossible. There is no cure for AMD, but there are procedures and steps you can take to help save vision. Lower your risk of getting AMD with these tips.



EAT A HEALTHY DIET

People who eat omega-3 fatty acids, found in fatty fish, are less likely to get AMD. Also, focus on eating leafy greens such as spinach, kale and leafy lettuce. Eat plenty of whole fruits (not fruit juice).



SEE YOUR EYE DOCTOR REGULARLY

An eye doctor can catch AMD early with an eye exam. Find out how often you should have your eyes checked.



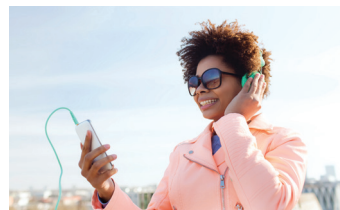
DON'T SMOKE

Studies show that smoking increases the risk of AMD. Smokers are twice as likely to get AMD as nonsmokers. If you do smoke, take steps to quit.



LIMIT UNHEALTHY FATS

Limiting saturated fats helps keep cholesterol levels in check. Avoid processed (packaged) foods with unhealthy saturated and trans fats. Avoid or limit high-fat meat and dairy foods.



PROTECT EYES FROM THE SUN

Always wear sunglasses that have 100 percent UVA and UVB protection when you are outside. For additional coverage, wear a wide-brimmed hat.



FAMILY HISTORY

People with a close relative who has AMD have a 50 percent chance of getting AMD. Detecting AMD early means you could save your vision.



BE ACTIVE

Exercise may keep your eyes healthy. Exercising at least three times per week can reduce your risk of getting AMD.



GET REGULAR CHECKUPS

Keeping cholesterol, blood sugar and blood pressure under control also helps maintain healthy eyes.