



STATE OF ALABAMA DEPARTMENT OF
PUBLIC HEALTH

**AGE-RELATED MACULAR DEGENERATION (60
SECONDS)**

This is Acting State Health Officer, Doctor Scott Harris. Did you know that age-related macular degeneration, or AMD, is the leading cause of blindness in older Americans, affecting more than 2 million people age 50 and older?

Symptoms include blurriness, dark areas in vision, distortion, or even permanent loss of your central vision. There is currently no known cure for macular degeneration, but there are things you can do to reduce your risk and possibly slow the progression once you've been diagnosed.

New treatments have dramatically changed the course of AMD over the past 10 years. In addition, low vision aids can make the most of your remaining vision, making AMD more manageable than ever before.

AMD occurs less often in people who exercise, avoid smoking, and eat nutritious foods, so it's important to incorporate those habits into your lifestyle.

Early and intermediate stages of AMD usually start without symptoms, so if you haven't been to the eye doctor within the past 2 years, call and make an appointment for your dilated eye exam today. Visit Alabama Public Health dot g-o-v for more information!

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