

Risk Factors For Macular Degeneration:

Some you can control others you can't Control

- Genetics - If others in your family have macular degeneration, you have a greater risk of developing it. The mechanisms of this are not well understood. Read on for a complete explanation.
- Age - AMD signs are present in about 14% of people 55 - 64, 20% of age 65 - 75 year olds and up to 37% of people over age 75.
- Smoking- Number one risk factor for Macular Degeneration.
- Gender - AMD is more common in women than in men. This may be partially explained by the fact that women live longer than men.
- Race - AMD is more common in Caucasians than other races. This may be partially due to the pigment in the eye or eye color.

- Eye Color - AMD is more common in people with blue eyes. This may be related to damage associated with exposure to ultraviolet light. Blue eyed people may have less protective pigment in their eyes.
- UV Exposure - UV (ultra violet exposure) to the damaging sun rays. Wearing of UV filter sunglasses is a must for anyone.
- AMD in One Eye - If you already have AMD in one eye, your chance of developing it in the other eye is higher. Dry AMD in one eye may predispose you to wet AMD in the other eye.