

FOR IMMEDIATE RELEASE

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March is Age-Related Macular Degeneration (AMD) Awareness Month

Learn what risk factors for AMD are controllable.

Mentor, OH - March is Age-Related Macular Degeneration (AMD) Awareness Month and Magnifiers & More, Lake County, Ohio's most experienced and best equipped low vision source, is reminding people that everyone can take steps to protect their vision from loss due to macular degeneration.

What is Age Related Macular Degeneration?

AMD is a disease of the eye that affects the macula, a small, specialized area of the retina, located at the back of the eye that is responsible for central vision. AMD causes central vision to blur, but leaves peripheral vision intact. Although macular degeneration may occur at any age, it is a leading cause of low vision and blindness in people over age 60.

Risk Factors for Macular Degeneration.

The greatest risk factor is age. AMD signs are present in about 14% of people age 55-64, 20% of people age 65-75 and up to 37% of people over age 75.

Other risk factors include:

- Family history. Those with immediate family members with AMD are at a higher risk
- Smoking. Smoking is one of the most controllable risk factors for AMD.
- UV Exposure. Unprotected exposure to the sun increases the risk of AMD.
- Diet and Nutrition. Diets rich in green leafy vegetables and fish are recommended.
- Obesity. Research studies suggest a link between obesity and the progression of early and intermediate stage AMD to advanced AMD.
- Gender. Women are at greater risk, in part because women generally live longer than men.

To reduce the risk of AMD, see your eye care professional for a regular examination, stop smoking and wear sunglasses with UV filters. Regular exercise and a healthy diet will all help to reduce the risks for macular degeneration.

“Great strides are being made to help people affected by AMD. Although there are no cures, there are new treatments that offer hope and may prevent further vision loss,” said Debbie Kogler, owner of Magnifiers & More in Mentor. “New technology and equipment are available today that help reduce the impact of vision loss resulting from AMD.

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Magnifiers & More, LLC is Lake County's most experienced and best equipped low vision source, providing training, optical and non optical aids and support to help people with limited vision live an independent, productive and fulfilled life. It is owned and operated by Deborah Kogler, a dual licensed Optician (licensed by both State and Federal Agencies.) Kogler acts as a consultant to many of this area's most prominent physicians. She is a member of the Ohio Opticians Association, National Academy of Opticians, American Board of Opticians and Optician Association of America.