Age Related Maculopathy
(formerly called Macular Degeneration)

Macular degeneration is an eye condition. A tiny spot on the back of your retina declines. The retina is the light sensitive membrane covering the back wall of the eyeball. It is necessary for detailed vision. The most common form of macular degeneration is age-related. In this condition, fine visual tasks such as watching television, reading, and recognizing people becomes more and more difficult. These tasks gradually become impossible. Usually, a person still has *peripheral vision* (vision around the sides). The cause of this condition is not known. There is another form of macular degeneration called exudative macular degeneration. It happens because the eye grows new blood vessels. There is little available treatment. There are some medications that may help. Two of these medications are *lutein* and *zeaxanthin*. These medications protect the eye from ultraviolet light. They may also slow the process of macular degeneration. The chemicals in these medicines are also found in green leafy vegetables, egg yolks, corn, kiwi, seedless red grapes, zucchini, spinach, collard greens, orange juice, and squash. Laser treatment is helpful in some of these cases, if it is detected very early.

For further information and help contact the **Foundation for Fighting Blindness.** They will provide information on the subject. Reach them by calling **888-665-9010**. Your caregiver can also refer you to clinics or care centers that help the visually impaired.

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