

## The Quick Summary

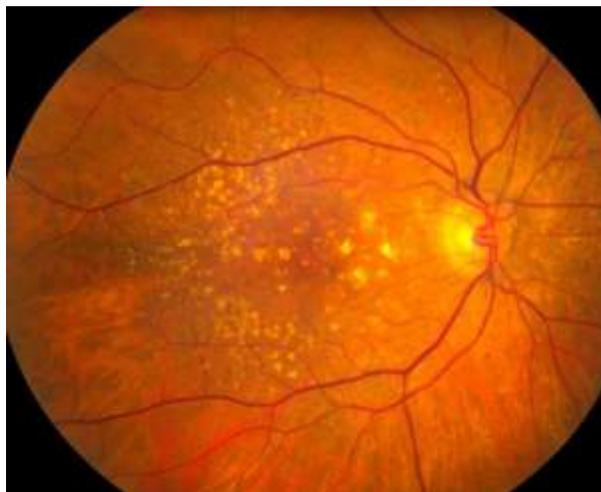
You have some macular degeneration, which usually gets worse, so you should take eye vitamins to slow it down. Also remember to check your vision one eye at a time at least once a week to see if either eye is getting worse, and **NO SMOKING**.

### Dry Macular Degeneration

Dr. Shalwala has determined that you have dry age-related macular degeneration (dry AMD). Macular degeneration is a disease of the retina, which is the “film” in the back of the “camera of the eye.” The macula is the center of the retina and where the center of vision is processed.

In dry AMD, deposits (drusen) form behind the retina. These drusen are markers of problems in the nearby retina, and eventually the retina can totally die (“atrophy”) in dry AMD. It is not well known what causes AMD in some patients and not in others, though there are some known risk factors like family history and **smoking**. The biggest risk factor of all is age, as the disease is extremely uncommon in people under the age of 40.

There is no treatment that improves vision in Dry AMD. Dry AMD will also continue to get worse forever, but the rate of decline is usually slow. Once AMD gets bad enough, Dr. Shalwala recommends that patients take special eye vitamins. You need these eye vitamins now. There are many different brands of eye vitamins, and they all have different instructions (some are once a day or four times a day, but most are twice a day). The key is to get vitamins that are the AREDS2 formula. These vitamins decrease the rate at which AMD gets worse. It is important to understand that vitamins only slow the decline of vision rather than stop it or reverse it.



Dry AMD can change to wet AMD, which is also something that we will check you for. It is important to keep up with your visits with us.

***Visit the website below for more information or contact us today!***

<http://ajayshalwalamd.com/>