

Helen 
Summers
OPTOMETRIST

Ich vermutete, dass
die Stimmung zu b
»Wie weit reich
beiläufig.

Carlisle ignori
der Frage. »Wir
und gelegentlich
haben wir einer
es noch eine A

Macular Degeneration

Macular Degeneration is the leading cause of blindness and vision loss in Australia. The macula is the central part of the eye responsible for your ability to see details, read, recognise faces, drive and see colours. It is a disease that is painless and progresses to a permanent and debilitating loss of central vision, leaving your peripheral vision intact. 1 in 7 people over the age of 50 have some evidence of macula changes. The incidence increases with age.

What are the signs of Macular Degeneration?

Decreased night vision, blurry vision, dark patches or shadows appearing in your central vision, difficulty reading or writing, difficulties discerning colours, slow adaptation to vision after exposure to bright light and needing increased lighting to see. Sometimes macular degeneration progresses so slowly that the person may not be aware of the deterioration in their vision.

Can Macular Degeneration be treated?

There is no 100% cure, however it can be slowed and sometimes halted. 90% of cases of macular degeneration are 'Dry', which is usually associated with a gradual loss of central vision. 10% of cases are termed 'Wet' which is often characterised by sudden and significant changes in vision and associated with abnormal blood vessels growing into the retina.

Can improving diet affect the risk of Macula Degeneration?

Diets with specific antioxidants, vitamins and minerals have shown to reduce the risk or slow the progression. A healthy life style, including regular exercise, not smoking, wearing UV protection sunglasses, eating a well balanced diet of fruit, vegetables and fish and avoiding fatty foods all promote a healthy macula. Early detection of changes is paramount to saving sight. Have your eyes tested and have your macula assessed regularly.

Common risk factors are:

- **Age:** MD affects 1 in 7 over age of 50 years. Incidence increases with age.
- **Family History:** Family history increases your risk of Macular degeneration by 50%
- **High Blood Pressure**
- **Smoking:** Those who smoke are 3 times as likely to develop Macula degeneration.
- **Obesity**
- **Exposure to sun, UV light and blue light.**
- **Diet:** high fat content and high cholesterol can increase the incidence of Macula degeneration.

Shop 105 The Avenue 12 Salonika Street
Parap, NT 0804

PH: (08) 8995 9595

www.helensummersoptometrist.com.au