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# Age-Related Macular Degeneration

Patient name: \_\_\_\_\_ Admission: \_\_\_\_\_

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- I. The client/caregiver will define macular degeneration.**
  - A. It is the breakdown or damage to the macula (located in retina) of the eye.
  - B. It is a disease that gradually destroys sharp, central vision needed for reading and other activities.
  - C. It is more common in aging adults.
  - D. It usually occurs in both eyes.
  
- II. The client/caregiver can list symptoms of macular degeneration.**
  - A. Blurred or distorted vision is usually the first symptom.
  - B. There is a color vision disturbance (become dimmer).
  - C. There is difficulty reading or doing close work.
  - D. There is a distortion of objects.
  - E. There is vision in which the center (or bull's eye) area is absent.
  - F. Side vision is not affected.
  
- III. The client/caregiver can list causes or risk factors for macular degeneration.**
  - A. The greatest risk factor is age, especially over the age of 60 years.
  - B. Women have a greater risk than men.
  - C. Those with a family history of macular degeneration are at higher risk.
  - D. Smoking and obesity may increase the risk.
  
- IV. The client/caregiver can list lifestyle measures to reduce risk of developing disease.**
  - A. Eat healthy diet that is high in green leafy vegetables and fish.
  - B. Do not smoke.
  - C. Maintain a healthy weight.
  - D. Maintain a normal blood pressure.
  - E. Exercise.

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- V. The client/caregiver can list measures to manage this disease.**
  - A. Comprehensive eye exam that includes
    - 1. Visual acuity testing measures how well you see at various distances.
    - 2. Dilated eye exam can reveal any damage to retina or optic nerve.
    - 3. Tonometry uses an instrument to measure pressure inside the eye.
    - 4. Amsler Grid Testing is specific for macular degeneration.
  - B. Photocoagulation (laser surgery) or photodynamic therapy may be an option your physician will suggest if the condition is diagnosed early enough.
  - C. Discuss with physician possibility of using specific supplement high in antioxidants. Use zinc to slow the progression of disease.
  
- VI. The client/caregiver can list complications.**
  - A. Blindness

**RESOURCES**

Macular Degeneration Partnership  
[www.AMD.org](http://www.AMD.org)

Occupational therapy consult

Low-vision specialist

National Eye Institute  
 301-496-5248  
[www.nei.nih.gov](http://www.nei.nih.gov)

Association for Macular Diseases  
 212-605-3719

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