



## Talk with Your Doctor About AMD

If you or a loved one has been diagnosed with age-related macular degeneration (AMD), you may have questions about what this means.

First, keep in mind that **you're not alone** — 11 million people in the United States have AMD. In fact, it's a leading cause of vision loss for older adults.

There are 2 types of AMD (wet and dry) and 3 stages of dry AMD (early, intermediate, and late). Depending on which type and stage you have, you may be able to **get treatment** for AMD. If you can't get treatment, you can **get services** to help you make the most of your vision.

**Talk to your eye doctor about how you can manage your symptoms and protect your vision. You can use this guide to get the conversation going.**



### How does AMD affect vision?

AMD can:

- Blur the central vision you need to see details straight ahead, but doesn't cause complete blindness
- Make it hard to do everyday activities like reading or driving

# Questions for your doctor

Visiting the eye doctor can be stressful, especially when you're dealing with a new diagnosis. It helps to have questions written down ahead of time.

- What type and stage of AMD do I have?
- How often do I need to get a dilated eye exam to check on my AMD?
- Does AMD put me at risk for other eye diseases?
- Are my children at risk for AMD?
- What steps can I take to slow down my AMD and protect my vision?
- Are there treatment options for my AMD?
- What can I expect when it comes to my vision in the future?
- Which specialists can help me manage my condition?
- What devices and services can help me live with vision loss from AMD?

## Other questions for your eye doctor

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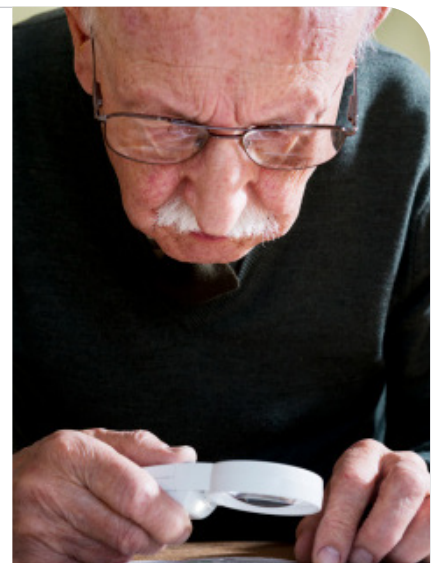
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### **Do you have vision loss from AMD?**

You can find low vision devices and rehab services to make the most of your remaining sight. This can include strategies like learning how to use a magnifying device for reading and setting up your home so you can move around easily.

Ask your eye doctor about low vision devices and rehab services that might be right for you.



# Keeping track of your AMD

Use these questions to keep track of how AMD is affecting your life – and share your answers with your eye doctor.

**Have you noticed any changes in your vision since your last eye exam?**

- Not at all     A little     A lot

**What kind of changes?**

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**Do you have trouble seeing things straight ahead?**

- Not at all     A little     A lot

**Does vision loss get in the way of activities you enjoy or do every day, like reading or driving?**

- Not at all     A little     A lot

**You can note any additional activities below.**

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**Have you been able to adapt your normal activities as your vision changed?**

- Not at all     A little     A lot

## Notes

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To learn more about AMD, visit: [nei.nih.gov/AMD](https://nei.nih.gov/AMD) and [asrs.org/patients](https://asrs.org/patients)