



Did you know, ten facts about Age-related Macular Degeneration? Also known as AMD

1. AMD is an eye condition affecting the central/detailed part of the vision
2. It usually affects people over the age of 55, but can occur earlier
3. It is the biggest cause of sight loss in the UK.
4. There are 2 types Dry and Wet.
5. Dry AMD results from a deterioration in the cells of the macula impacting on central vision. It does not cause dry eyes.
6. Wet AMD is caused by abnormal blood vessels growing across the macula, leaking blood or fluid which results in scarring and a deterioration in central vision.
7. Dry AMD isn't currently treatable. Wet AMD may be treatable (to slow down or prevent further damage to the macula) depending on the progression of the condition.

8. Symptoms may include blurred or distorted vision, deterioration in the part of vision that sees detail, potentially making activities such as reading, recognising faces and watching television more difficult
9. Some people with AMD experience visual hallucinations, this is called Charles Bonnet Syndrome, this can be the brains response trying to fill in the gaps of lost vision
10. Practical support for living with AMD - you could improve and make lighting levels consistent in the home, access your local low vision service to explore appropriate magnification, read large print or listen to audio books, and make use of accessible technology and apps.

You could also request a Sensory Impairment Assessment from your local sensory team or contact them for practical advice, information, and support. In York, this is the Yorsensory Team, 01904 202292 or enquiry@yorsensory.org.uk

If you are concerned about your eyesight please contact your optician or GP.

**Information sourced from the Royal National Institute for the Blind (RNIB) and the Macular Society*