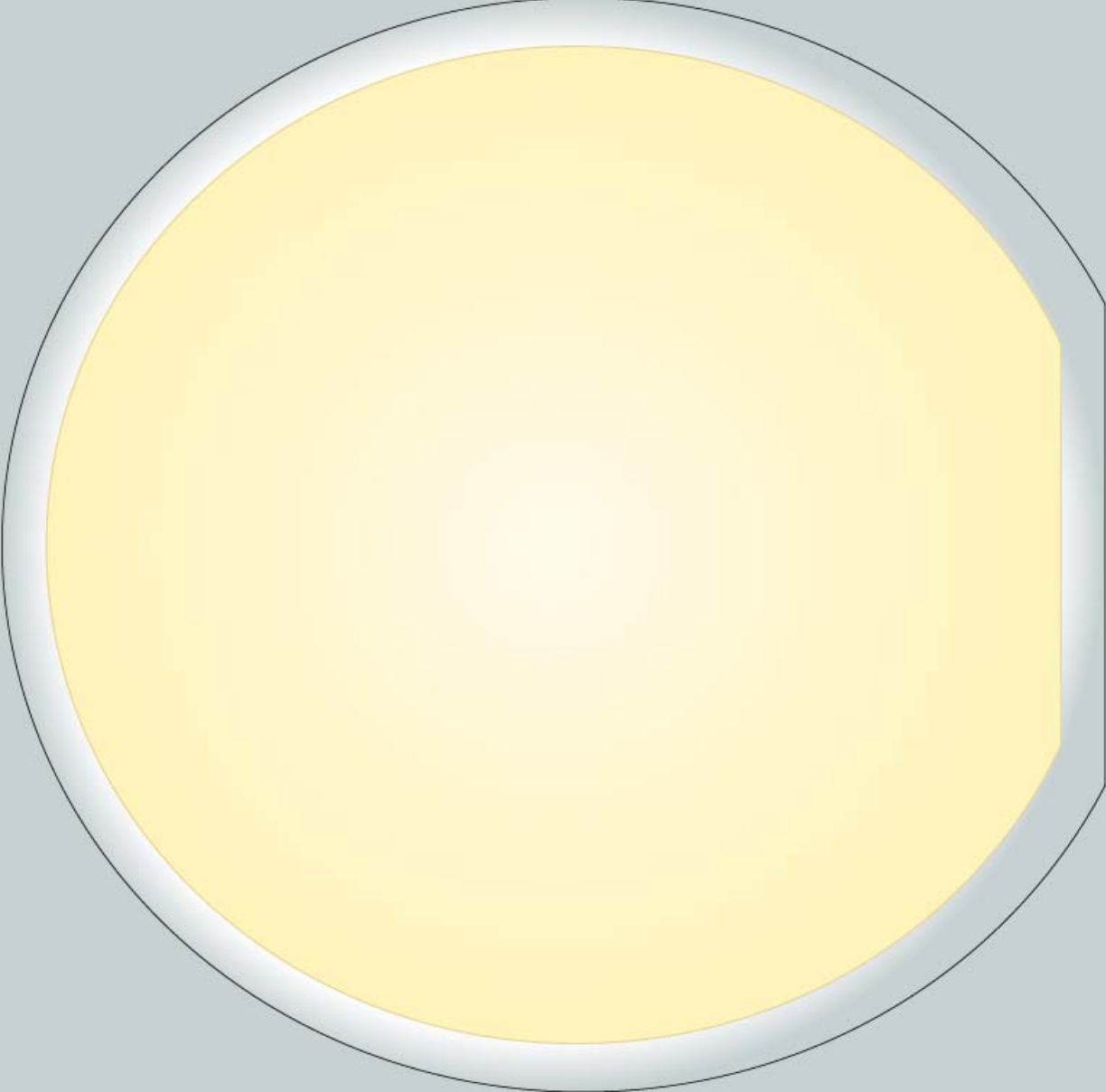




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Don't let your vision go up in smoke!



## What is Age-related Macular Degeneration (AMD)?



AMD causes severe central vision loss

**Age-related Macular Degeneration (AMD)** is a disease that affects the part of the eye called the **macula**.

The macula is the most sensitive part of the retina. It is important for clear central vision and allows you to see fine details.

### **Symptoms of AMD include:**

- blurred central reading vision
- distorted central vision (straight lines appear wavy)
- dark patch blocking the central vision.

Most cases of AMD are irreversible and are difficult to treat.

## How is smoking related to AMD?

Smoking is a major risk factor and the leading cause of death for many diseases such as cancer, heart disease and stroke. Smoking is also related to many eye conditions, particularly cataract and AMD.

**Smokers have two to four times higher risk of developing AMD compared to non-smokers.**



AMD causes straight lines to appear wavy

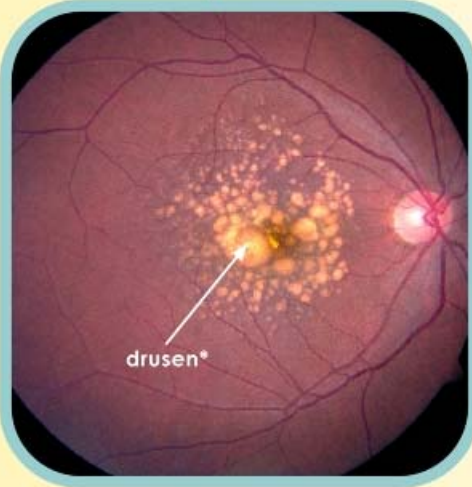
**Cigarette smoke contains more than 4,000 poisonous chemicals. These include:**

- tar – substance used to cover the surface of roads
- carbon monoxide - reduces the oxygen supply to all parts of the body
- nicotine – an addictive drug
- DDT – a pesticide
- arsenic – used as ant poison
- ammonia – found in floor cleaners.

These toxic substances can affect the tissues in the eyes. In addition, cigarette smoke also causes eye irritation to smokers and non-smokers.

## Types of AMD

### Dry AMD



There are two types of AMD – dry and wet.

- **Dry AMD** is a common and milder form of AMD and it accounts for 85% – 90% of all AMD cases. The main characteristic of dry AMD is the presence of fine white-yellow substances in the retina called drusen.

## Wet AMD



- **Wet AMD** is more severe as it can cause sudden loss of vision and accounts for 10% –15% of all AMD cases. This happens when the blood vessels under the retina bleed, causing the cells that are sensitive to light to die, thereby creating blind spots or distortion of central vision.

## Who is at risk of AMD?



**You are more likely to suffer from AMD if you:**

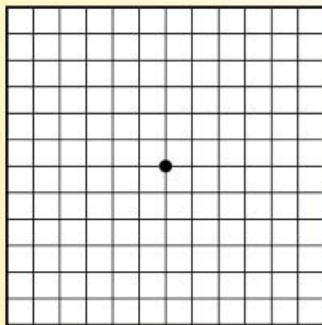
- smoke
- are above 50 years old
- have high blood pressure
- have a history of AMD in your family.



## How do I know if I have AMD?

**The Amsler Grid can be used to test your central vision, however it is not a substitute for regular eye examinations.**

**Instruction:** Cover one eye at a time and focus on the centre dot from a distance of 30 cm from the chart. If you are wearing contact lenses, you should wear them during the test.



**It is possible that you may have AMD if you notice:**

- wavy, broken or distorted lines, or
- blurred or missing areas in your central vision.

## Notes

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## Notes

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**You can contact your eye-care provider for more information on AMD.**

**If you are a smoker and would like to quit smoking, please call QuitLine at 1800-438 2000 for more information and support.**

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