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Contact: Gwen Cohan, Director of Marketing & PR
(561) 736-5050 or gwen@fleyedocs.com

AMD IS THE LEADING CAUSE OF BLINDNESS IN ADULTS 65 & OLDER, AFFECTING MILLIONS OF AMERICANS. ANNUAL EYE EXAMS ARE KEY IN PROTECTING SIGHT.

February 5, 2013 - Boynton Beach, FL... In an effort to educate the public about [the symptoms, risk factors and treatment options for older adults](#) who experience low vision or are candidates for vision loss, [Prevent Blindness America](#) (PBA) has once again designated February as Age-related Macular Degeneration Awareness Month.

Age-related Macular Degeneration, or AMD, is the leading cause of blindness in adults 65 and older, currently affecting more than 2 million Americans ages 50 and over. Unfortunately, this number has increased 25 percent over the last decade, which concerns [Florida Eye Microsurgical Institute's Macular Degeneration Specialist Dr. Randy Katz](#).

"Too many adults put off getting annual eye exams," says Dr. Katz, adding that "the only way to stay on top of potential problems is to have these regular yearly exams; and sometimes more often than that if a condition needs to be checked closely. This is the only way for eye doctors to monitor for any changes in a patient's vision, which can truly mean the difference between preserving sight and perhaps even losing it."

[Samuel Askinas has AMD](#) and makes sure to see Dr. Katz on a regular basis. For the last three years the bi-annual exams have given Samuel piece of mind, knowing he's being monitored and receiving medication.

Besides regular visits to your eye doctor, Dr. Katz recommends no smoking, healthy eating and staying active. Additionally, protecting eyes from the sun with UV-blocking sunglasses and brimmed hats could also help prevent eye injuries that could lead to AMD. For more information about AMD risk factors, symptoms, treatment and prevention, visit fleyedocs.com and download the [Institute's free brochure](#) or visit [Prevent Blindness America](#).

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