



FLORIDA EYE

Microsurgical Institute, Inc.

TOTAL EYE CARE UNDER ONE ROOF

Risk Factors for Developing Macular Degeneration



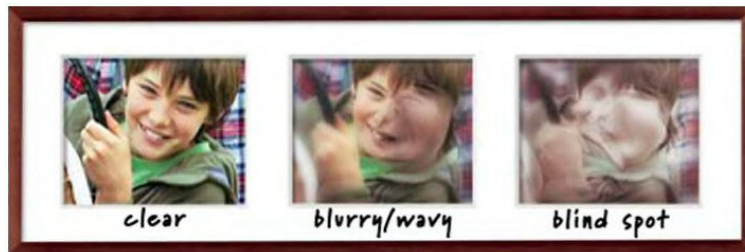
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The Dirty Dozen: 12 Risk Factors for Developing Macular Degeneration

How Many of These Pertain to You?

About 1.75 million U.S. residents currently have advanced age-related macular degeneration with associated vision loss. That number is expected to grow to almost 3 million by 2020.



Age-related macular degeneration (AMD or ARMD) is a disease caused by damage or breakdown of the **macula**, the small part of the eye's retina that is responsible for our central vision. This condition affects both distance and close vision and can make some activities such as driving or reading very difficult or impossible.

AMD is the Leading Cause of Severe Vision Loss in People Over 65



There are two types of the disease: **dry** and **wet**. "It's possible to experience the wet type in one eye and the dry type in the other," says Dr. Randy Katz, Florida Eye's Macular Degeneration & Diabetic Retinopathy Specialist, who also points out that in addition "the dry type can progress to wet in approximately 10-15% of cases."

"If you feel you are at risk for AMD, visiting a retinal macular degeneration specialist regularly is extremely important. Keeping informed about new technologies and current treatment procedures is also essential." And of course adds Dr. Katz...

“You *Must* Know Your Risk Factors.”

Do You Know Yours?

Risk factors for developing AMD include both environmental and hereditary components. We don't have much control over what we inherit from our families, but, we do have control over other risk factors.

Top Six Genetic Risk Factors You *Cannot* Control

- 1** **Age is the number one risk factor to consider when discussing AMD.** It is the most common cause of blindness in those over the age of 60, and affects one third of adults over the age of 70.
- 2** **Gender is a factor in that females are more likely to be at risk,** but this is most likely due to their longer life expectancy.
- 3** **Those with a family history of AMD are at greater risk,** especially if the relative is in the immediately family.
- 4** **Caucasians are more at risk than any other race,** most likely due to genetic background and pigmentation.
- 5** **Light colored eyes have an increased risk of developing AMD** because they have less amounts of pigment in the eyes than dark eyes, exposing them to greater damage from UV radiation.
- 6** **AMD in one eye increases your risk** of developing the condition, in some form, in the other eye.

Top Six Risk Factors You *Can* Control

- 1** **Smoking increases your chances of developing AMD by a factor of 2 to 5 times.** When you smoke, less oxygen is delivered to your eye's retinal tissues. These tissues need high dosages of oxygen to function well. *Don't smoke.*



- 2** **Prolonged exposure of ultra-violet and blue light damages retinal tissue** directly and leads the production of metabolic byproducts which are detrimental to eye function and lead to AMD. *Wear proper glasses, hats, etc... at all times.*



- 3** Just because you are thin doesn't mean you are healthy. **Diets high in fat and cholesterol and low in antioxidants and nutrients will increase your risk for developing AMD.** Fats and cholesterol ultimately affect blood vessels and flow, and nutrients and antioxidants are important for retinal tissue function and the removal of free radicals detrimental to cell metabolism. Maintain a healthy diet. Think leafy greens, carrots, citrus fruits, salmon...



- 4** An individual with a body mass index (BMI) greater than 30 is 2.5 times more likely to develop AMD, thus, **obesity is a risk factor.** Everyone gains and loses weight over their lifetime, but if you can manage to maintain your weight at a level appropriate for your height and build, then you are on the right track.



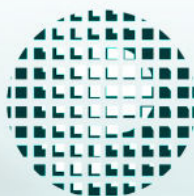
- 5** **Individuals with high blood pressure have an increased risk for AMD** because of its effects on the eye's vessels, in that there is narrowing of these vessels and therefore, less circulation to the retina. *Check your blood pressure regularly.*



- 6** **Couch potatoes can be at risk for AMD.** Exercise improves overall cardiovascular health and eye circulation, and is therefore felt to decrease the risk for AMD. Come on – get off that couch! Just do it!



In addition to the treatments and expert care our diabetic retinopathy and macular degeneration patients receive on a regular basis, the Institute is able to offer clinical trials for those who qualify – clinical trials that are not available elsewhere. To find out if you are available for cutting edge treatment trials, have your eye doctor contact us directly or feel free to call on your own. For more information please contact Margo Dague, Florida Eye's study coordinator, at 561-736-5055 or via email at margo@fleyedocs.com. You can also visit our site, fleyedocs.com to read about our current clinical trials.



FLORIDA EYE *Microsurgical Institute, Inc.*

Florida Eye Microsurgical Institute offers a full range of total eye care, including routine examinations, pediatric eye care, dry eye, advanced corneal, retinal and cataract procedures, laser treatments, glaucoma, diabetic procedures and various other sophisticated treatments. With its own pediatric wing and fully accredited outpatient surgical center in Boynton Beach, the Institute also has offices in Wellington, Boca Raton and Juno Beach.

Florida Eye enjoys a reputation as the premier center for clinical trials of breakthrough therapies nationwide. At any given time we are conducting studies in a variety of conditions such as Wet and Dry AMD and Diabetic Retinopathy. For information on current or future studies contact Margo Dague, our study coordinator, at (561) 736-5055 or via email at margo@fleyedocs.com. You can also visit our site at fleyedocs.com.



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DR. KATZ



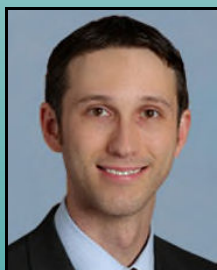
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