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### WHAT IS AGE-RELATED MACULAR DEGENERATION?

Age-related macular degeneration, commonly abbreviated as AMD, is an eye disease that affects the central vision. It occurs when the macula, or the center of the retina, is damaged due to aging. The macula is the part of the eye that controls central vision and fine detail. AMD is a common condition for older adults and is a leading cause of vision loss in the senior population.

### TYPES OF AGE-RELATED MACULAR DEGENERATION

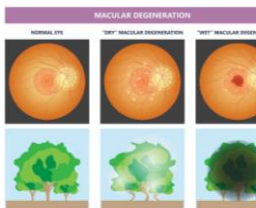
There are two main types of AMD:

- **Dry AMD** usually progresses slowly over several years as the macula gets thinner with age. Dry AMD comprises of over 90% of all AMD cases.
- **Wet AMD** is a significantly less common form of AMD that causes faster vision loss. Wet AMD occurs when abnormal blood vessels leak fluid or blood into the macula and causes damage.

### SIGNS

Possible signs of AMD include:

- Blurred vision
- Difficulty recognizing faces
- Straight lines appearing wavy
- Loss of central vision
- Poor vision in low light
- Blind spot appearing in the center of visual field



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### RISK FACTORS

You are at risk for developing AMD if you:

- Smoke
- Are over the age of 50
- Eat a diet high in saturated fat
- Have a family history of AMD
- Have high blood pressure
- Are of Caucasian descent

### PREVENTION

There is no proven method preventing AMD, but you can lower risk by:

- Maintaining a healthy body mass index (BMI) and blood pressure
- Wearing sunglasses to protect eyes from ultraviolet light
- Eating a balanced, nutritious diet full of leafy greens that have antioxidant vitamins
- Receiving annual eye examinations

### TREATMENT

Currently no treatment for dry early age-related macular degeneration has been found. However, there are dietary supplements that may be able to prevent intermediate stage AMD from becoming late-stage AMD.

For wet AMD, there are two treatments that have shown to be able to prevent further vision loss, including:

- Anti-VEGF medication that the doctor injects in the eye
- Photodynamic therapy (PDT), which is a combination of injections and laser treatment

#### Sources:

- National Eye Institute, National Institutes of Health, [www.nei.nih.gov](http://www.nei.nih.gov)
- American Academy of Ophthalmology, [www.aao.org](http://www.aao.org)
- Cleveland Clinic, [www.my.clevelandclinic.org](http://www.my.clevelandclinic.org)
- Johns Hopkins Medicine, Johns Hopkins University, [www.hopkinsmedicine.org](http://www.hopkinsmedicine.org)
- Icahn School of Medicine at Mount Sinai, Mount Sinai, [www.mountsinai.org](http://www.mountsinai.org)

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Si habla español, se encuentran disponibles servicios de asistencia lingüística gratuitos y ayudas/servicios auxiliares.

如果您說中文，我們可提供免費語言協助和輔助設施服務。

Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.

### 老年黃斑病變是什麼?

老年黃斑病變，通常縮寫為 AMD，是一種影響中央視力的眼部疾病。當黃斑或視網膜中央因老化而受損時，就會發生這種情況。黃斑是眼睛控制中央視力和細微的部分。AMD 是老年人的常見疾病，也是導致老年人視力喪失的主要原因。

### 老年黃斑病變的類型

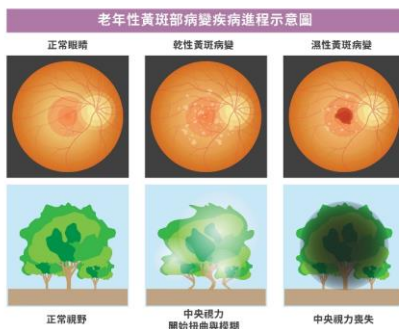
黃斑病變可分乾性和濕性兩類：

- **乾性黃斑病變**通常發展緩慢但可以隨著年齡增長會逐漸老化和變薄。乾性黃斑病變佔所有老年黃斑退化病例約 90%以上。
- **濕性黃斑病變**是一種較不常見的老年黃斑病變類型，會導致視力加速受損。當異常的血管將液體滲漏或血聚集於黃斑區並造成損害時，就會發生濕性黃斑病變。

### 徵狀

黃斑退化的可能徵狀包括：

- 視力模糊
- 難以辨識面孔
- 直線呈波浪狀
- 中央視力喪失
- 弱光下視力不佳
- 視野中央出現盲點



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### 風險因素

如果您有以下情況，容易罹患有黃斑退化的風險：

- 吸煙
- 年齡超過 50 歲
- 飲食中飽和脂肪含量高
- 有黃斑病變家族史
- 患有高血壓
- 白種人血統

### 預防

目前還沒有經過驗證的方法可以預防老年黃斑病變，但您可以通過以下方式降低風險：

- 維持健康的體重指數（BMI）和血壓
- 配戴太陽眼鏡以保護眼睛不受紫外線傷害
- 均衡營養的飲食，多吃含有抗氧化維生素的綠葉蔬菜
- 接受年度眼科檢查

### 治療

目前尚未發現治療乾性早期老年黃斑病變的治療方法。然而，有些膳食補充劑可以預防中期黃斑病變變成晚期黃斑病變。

對於濕性黃斑病變，有兩種治療方法已被證明能夠防止進一步的視力喪失，包括：

- 醫生在眼中注射抗 VEGF 藥物
- 光動力療法，結合注射和激光治療

#### 資訊來源：

- National Eye Institute, National Institutes of Health, [www.nei.nih.gov](http://www.nei.nih.gov)
- American Academy of Ophthalmology, [www.aao.org](http://www.aao.org)
- Cleveland Clinic, [www.my.clevelandclinic.org](http://www.my.clevelandclinic.org)
- Johns Hopkins Medicine, Johns Hopkins University, [www.hopkinsmedicine.org](http://www.hopkinsmedicine.org)
- Icahn School of Medicine at Mount Sinai, Mount Sinai, [www.mountsinai.org](http://www.mountsinai.org)