




**Put your eyes in the best hands**

People of all ages have been trusting their eye health and eyewear to Vision Care for over 30 years. Two Springfield locations serve long-standing patients and those who've been referred by other satisfied customers.

Mon - Thurs 7am - 6pm  
Fri 9am - 5pm  
Sat 8am - 1pm

**SPRINGFIELD LOCATIONS**

2741 Prairie Crossing Dr. • 121 N. Grand Ave. W.  
217-528-3233 • [vision-care.com](http://vision-care.com) • 



Age-Related Macular Degeneration — AMD — is the primary cause of vision loss for Americans 65 and older. The risk for AMD increases with age. There are steps to prevent AMD sight loss if you are age 65 plus.

- 1. Schedule regular exams with your Vision Care doctor.
- 2. Learn and watch for AMD signs.
- 3. Follow the treatment your doctor prescribes.

**MACULAR DEGENERATION**



**VISION CARE**  
ASSOCIATES

*You'll like what you see.*



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## Schedule regular exams

The Vision Care staff, technology, and equipment are the best in the industry and dedicated to protecting and maximizing a patient's vision. For a patient with Age-Related Macular Degeneration, or AMD, the Vision Care doctor will monitor the patient over regular intervals with equipment to lower the risk of vision loss.

**1. OCT** — The optical coherence tomographer scans the inside of the eye giving the doctor a cross-section, detailed image to determine if any change has occurred in macular degeneration.

**2. PHP** — This test assesses a patient's vision for mild distortions often unnoticed in daily life until they become severe. PHP detects a new distortion at the earliest stage when treatment is most effective.

**3. Fundus Photography** — This high-resolution digital photography for macular degeneration patients compares eye health from one visit to the next.

**4. Amsler Grid** — Checking each eye daily by looking at a grid of straight lines is one way a macular degeneration patient can monitor for changes at home. See a Vision Care doctor if there are new areas of distortion on the grid.

## Learn and watch for AMD signs

Signs of AMD become more evident the longer a patient has the disease. A patient might notice:



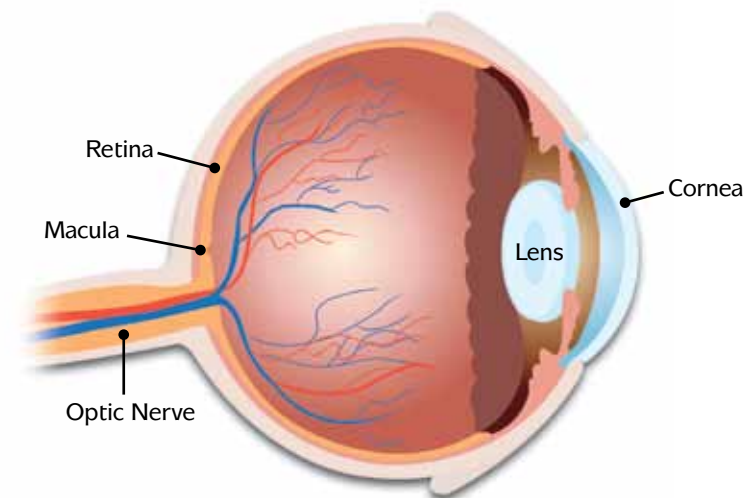
Straight lines such as utility poles and the edges of buildings appear wavy.



Type appears blurry.



A dark or empty spot might block the center of vision.



## AMD's impact to vision

AMD affects the area of the eye at the back called the macula in the central part of the retina. With an AMD-damaged macula, the center part of the patient's vision might become blurred or a blind spot develops.

The pace of vision loss from AMD varies greatly, thus causing difficulty for activities requiring sharp vision such as reading or driving. AMD, however, rarely causes total blindness because it does not affect side vision.

## Two types of AMD

**Wet AMD** — This version causes the most severe vision loss because tiny, unhealthy blood vessels grow under the retina. The vessels often break and leak, therefore causing vision loss.

**Dry AMD** — The most common form of AMD, this version of the disease typically progresses more slowly.

## What to do if diagnosed with AMD

Check the central vision in each of your eyes separately every day. For any noticeable changes, such as reading difficulty or straight lines appearing wavy, the patient should see a Vision Care doctor immediately.

## Treatment

**Injections** — Patients with wet AMD often receive medication injected directly into the eye that often stabilizes vision and halts further deterioration.

**Vitamin Supplements** — Dietary supplements lower the risk of macular degeneration progression. The patient's Vision Care doctor will prescribe the appropriate dietary supplement to lower the risk of vision loss.

## What if AMD causes vision loss?

Don't give up hope — many options exist for leading a fulfilling life even if a significant amount of eyesight has been lost. Special training at Vision Care Associates called vision rehabilitation provides skills for living with vision loss. Low vision tools to assist the patient:

- Magnifying lenses or special glasses
- Closed-circuit televisions
- Large-screen computers
- Bright lamps
- Large-print books and magazines

## Good health, good vision

Good health and good vision are intertwined. A patient can lower the risk of eye disease and vision loss by:

- Not smoking
- Wearing UV blocking sunglasses
- Eating healthy
- Controlling blood pressure and cholesterol
- Staying active

Healthy habits lead to healthy eyes, but visit with a personal physician before beginning an exercise program or taking vitamins.