

WHAT TO ASK YOUR EYE HEALTH PROFESSIONAL: BEING TREATED FOR WET AGE-RELATED MACULAR DEGENERATION (AMD)



**Macular
Disease
Foundation**
AUSTRALIA

Treatment for AMD

There is no cure for AMD. Treatment options depend on the stage of disease and aim to stabilise and maintain best vision for as long as possible. Currently, there is only treatment available for wet (neovascular) AMD.

When visiting an eye health professional

- write down any questions you might have beforehand and take them to your appointment
- it may help to take notes or have a friend or family member present
- ask your eye health professional to write down your diagnosis and any instructions you need to follow
- don't be afraid to repeat a question if you don't fully understand the answer.

Suggested questions

Being treated for AMD can be overwhelming. The following list of questions may help with what to ask.

About diet and lifestyle

- What can I do to reduce my risk of progression?
- Should I change my diet?
- Should I take a dietary AREDS2 supplement? If so, which one and what dose?
- Where can I get help to quit smoking?

About treatment for wet AMD

- Can my wet AMD be treated?
- What are my treatment options?
- When will treatment start and what does it involve?
- Where will I have my treatment?
- How many treatments will be needed?
- What are the benefits and how successful is it?
- Are there any risks or side effects?
- What is the cost (in time and money)?
- What rebate will I get from Medicare and/or private health insurance?
- Will I need assistance to get home after the treatment?

About support services for vision loss

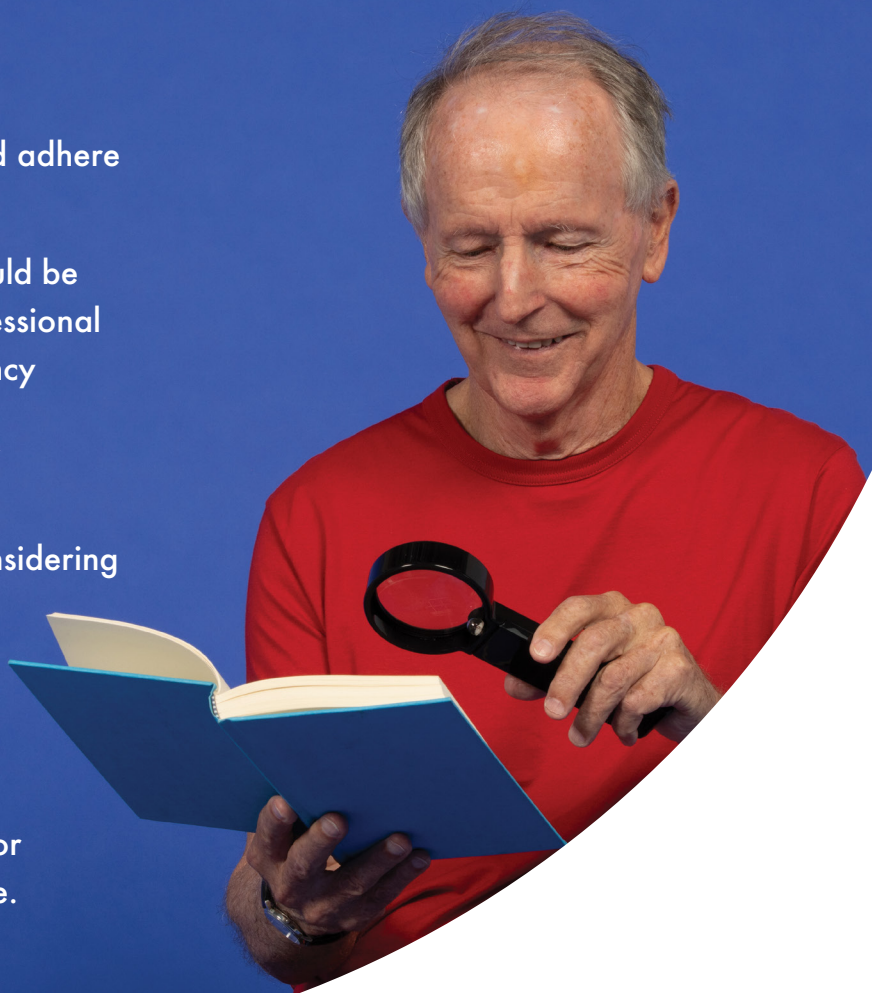
- When should I next see my optometrist for new glasses?
- What do I do if I have problems with visual activities such as reading, etc?

About changes in vision

- What is an Amsler grid? How do I use it?
- What should I do if my sight changes?
- When should I contact you as a matter of urgency?
- What is the contact number to call if I have an emergency after hours or on weekends?

Remember

- try to attend all appointments and adhere to your treatment schedule
- any sudden changes in vision should be reported to your eye health professional immediately, as a matter of urgency
- use an Amsler grid daily to check for changes in your vision
- consult your doctor if you are considering changing your diet or lifestyle
- treatment should not stop unless on the advice of your eye health professional
- even if your vision has stabilised or improved, treatment may continue.



Need more information?

Learn more about macular disease at www.mdfoundation.com.au.

How's your macula? Take the quiz at www.CheckMyMacula.com.au.

You can also access our free, personalised support services and order information kits and Amsler grids by calling our National Helpline on **1800 111 709**.

MDFA has a free newsletter and you can sign up to receive invitations to education sessions and events in your area.

Macular Disease Foundation Australia is committed to reducing the incidence and impact of macular disease, by providing up-to-date information, advice and support.

Disclaimer: Information in this publication is considered by Macular Disease Foundation Australia to be accurate at the time of publication. While every care has been taken in its preparation, medical advice should always be sought from a doctor and individual advice about your eye health should be sought from your eye health professional. MDFA cannot be liable for any error or omission in this publication or for damages arising from it, and makes no warranty of any kind, either expressed or implied in relation to this publication.