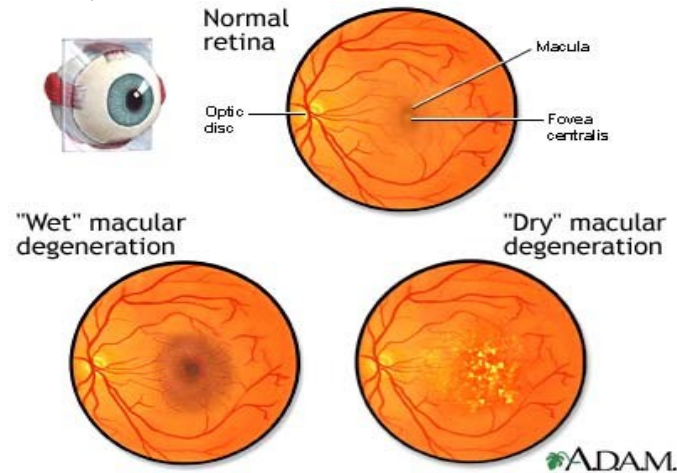


# Macular Degeneration



Age-related macular degeneration is the second highest cause of irreversible blindness in the world. Macular degeneration is a leading cause of vision loss in Americans 60 years of age and older. Destruction of the macula (the central area of the retina), leads to loss of the sharp, fine-detail, “straight ahead” vision required for activities like reading, driving, recognizing faces, and seeing the world in color. A person may see a smudge or a gray or black spot as they look straight ahead. Side vision or peripheral vision is not affected.

Dr Gupta monitors and documents your macula with a fundus photo and refers you to a retina specialist if it is Wet type or advanced dry type. It is treated with injections OR Laser OR a telescopic lens implant.

For Dry ARMD, Dr Gupta recommends ICaps: Vitamin A (Beta Carotene), Vitamin C and E, Zinc and Copper, Lutein and Zeaxanthine according to AREDS research which helps to slow the progression. She also recommends to incorporate dietary antioxidants like: spinach, collard greens, kale, Omega 3 fatty acid supplements, wear sunglasses to protect eyes from UV rays, stop smoking, and control Blood pressure. She also gives an smaller grid to monitor any progression yourself at home.

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