

Macular Degeneration (AMD)

Blurred vision? This is just one of the signs of macular degeneration, which is a condition that attacks the center section of your vision. You see, the macula is constructed of millions of light detecting cells that help us see things sharp and clear. As it degenerates due to AMD your central field of vision deteriorates making certain activities that require our central vision such as driving, reading more difficult to do. There is no cure, but we Michigan Eye Care Institute knows there are a variety of treatment options and even eye surgery that can help stop the progression of the condition further.

Who's at Risk

Also referred to as Age-Related Macular Degeneration (AMD) because of the condition occurring mostly in those aged 60 and old this leads to seniors being most at risk. Age is not the only risk factor, though. Here are some other factors that can put you at a bigger risk.

Family history – If AMD runs in a family, this puts you more at risk to develop it.

Smoking – they have found that smoking can increase your risk.

Race – AMD has been found to strike more in Caucasians than in other races.

Prevention

Studies by researchers have found how we live and AMD to be linked. So, depending on your eating lifestyle, your living lifestyle it can increase or decrease your risk of AMD. That means making healthier life choices such as:

Don't smoke

Exercise

Healthy eating with a diet abundant in leafy greens, vegetables, and fish.

All can help slow the approach of the disease down.

Types

AMD can strike in two different ways. One is wet macular degeneration and dry macular degeneration.

Dry AMD - Dry is the most common type where this substance called of drusen forms right underneath where the macula lies leading to the macula drying out and deteriorating.

Wet AMD – Wet AMD happens when strange blood vessels start to grow under the macula, then start to leak or burst to result in the macula moving out of its normal position thus causing vision disturbances in the central vision section. This type is fast progressing and more so to cause vision loss.

Make Michigan Eye Institute your Eye Center Place

If you have eye health concerns, then let our ophthalmologists at Michigan Eye Institute help you. We are more than just your regular eye doctor. We are equipped from routine eye exams to eye surgery if need be helping you and your eyes stay healthy and see better. Give us a call to schedule a time with us today.