



Medical & Family Eye Care | myvisionsolutions.com
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Valeda® PBM Light Therapy

A new breakthrough treatment giving hope to patients with dry age-related macular degeneration (AMD) – now available at Vision Solutions.

What Is Valeda?

Valeda photobiomodulation (PBM) is an **in-office light therapy** that is FDA-authorized specifically for adults with dry age-related macular degeneration (AMD). It is the first treatment authorized by the FDA to help *improve* vision in appropriate patients with dry AMD. There are **no injections, no eye drops, no dilation, no surgery, and no downtime** – you simply sit comfortably while the device gently does the work.



How Does It Work?

Dry AMD develops as waste-removing cells at the back of the eye gradually lose energy and efficiency, allowing waste deposits (called drusen) to build up and vision to decline over time. Valeda delivers three gentle, specific wavelengths of light – yellow, red, and near-infrared – that stimulate these retinal cells and help restore their natural energy production. As the cells regain function, they become better able to clear away waste and support healthy vision. In short, Valeda helps your eyes help themselves.

What to Expect at Each Visit?

- Each session takes about 4 minutes per eye — under 10 minutes total
- Comfortable, painless, and completely non-invasive
- No dilation, no anesthesia, no injections, no recovery time
- Most patients return to their normal activities immediately afterward
- A full treatment cycle is 9 sessions, done 3 times a week over 3 to 5 weeks



What Does the Research Show?

In Valeda's pivotal clinical trial, patients treated with Valeda gained an average of about one line of vision on the eye chart (for example, from 20/40 to 20/30) after about a year of treatment. That matters because, without treatment, vision in dry AMD typically continues to decline by roughly 1–2 letters every year. The same research also found that treated patients were significantly less likely to develop geographic atrophy — the advanced stage of dry AMD that can cause permanent blind spots.

Am I a Candidate?

Valeda is intended for adults with dry AMD whose vision falls approximately between 20/32 and 20/70, who do not have center-involving geographic atrophy. Your Vision Solutions eye doctor will confirm your candidacy at your consultation, and will re-check your eyes before every new treatment cycle to make sure Valeda continues to be right for you. If your vision is already good and stable, Valeda may still be discussed as an option to help maintain it.

Investing in Your Vision — Our Packages

Valeda is not covered by Medicare in our area or health insurance at this time. We believe our patients should have access to the sight-saving benefits of this breakthrough treatment, so we've kept our pricing simple, transparent, and among the most accessible in comparison to other clinics — with no per-session fees to track.

Package	Fees	What's Included
Full Year Package	\$5,750	All 3 treatment cycles (27 sessions total, both eyes) over 12 months — paid as one package. Saves \$1,000 compared to paying cycle-by-cycle.
Per-Cycle Package	\$2,250	One treatment cycle (9 sessions per cycle, both eyes). Repeating all 3 cycles across a year totals \$6,750.

Why we recommend the Full Year Package: Most of the improvement seen in clinical studies develops after a full year of consistent treatment, with continued benefit through year two. In addition to the better value, paying for the full year up front helps keep patients motivated to continue the treatment plan.

Flexible payment options: Ask our team about flexible monthly payment options, including CareCredit, to help manage the cost of receiving Valeda treatment.

Notes:

Frequently Asked Questions

1. What level of vision improvement is considered successful?

Clinical studies measured visual acuity before and after treatment. Most patients saw about one line of improvement on the eye chart (for example, 20/40 to 20/30) around the one-year mark. But that's not the whole story: without treatment, vision in dry AMD is expected to slowly decline. So Valeda didn't just slow that decline — it reversed it for most patients. Treatment also significantly reduced the new onset or progression of geographic atrophy, the advanced stage of dry AMD that can cause permanent blind spots.

2. Why does it take so many treatment sessions?

Valeda doesn't treat AMD directly — it uses specific wavelengths of light to reactivate your own retinal cells, helping your eye clear away waste buildup (drusen) and function more efficiently. Because AMD is a disease that develops over years or even decades, it takes multiple sessions for the eye to begin — and sustain — a healing process that's noticeable to both you and your doctor.

3. Does it work for everyone?

Valeda is FDA-authorized for a specific group of

patients: those with visual acuity between about 20/32 and 20/70 and dry AMD without center-involving geographic atrophy. These guidelines reflect who is expected to see the most improvement — they don't necessarily rule out using Valeda to help maintain already-good vision in patients outside that range. We test your eyes before every treatment cycle to confirm Valeda remains a good fit for you. In the rare event that testing shows Valeda is no longer appropriate — for example, if dry AMD progresses to center-involving geographic atrophy, or if wet AMD develops — we'll discuss your options with you directly.

4. Why doesn't Medicare or insurance cover it?

Valeda is FDA-authorized (not FDA-approved) for the treatment of dry AMD. Authorization means the FDA has reviewed the safety and clinical data and found it to have a strong safety and benefit profile with little to no significant side effects, which is why we're able to offer it to patients today. Because it's a newer breakthrough treatment, long-term data is still being published, and insurers — including Medicare in our area — typically wait for a longer track record before covering new treatments. As more patients are treated and positive outcomes continue to be published, we expect coverage to expand over the next several years.

Ready to find out if you're a candidate for Valeda?

Call our office to schedule a Valeda consultation. Your eye doctor will perform an examination of your eyes and necessary testing to provide a personalized evaluation and recommend the appropriate course of treatment.

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This material is educational purposes only and does not replace a personalized evaluation with your eye doctor. Individual results vary. Important product information can be found at <https://www.myalcon.com/amd/valeda-pbm/>