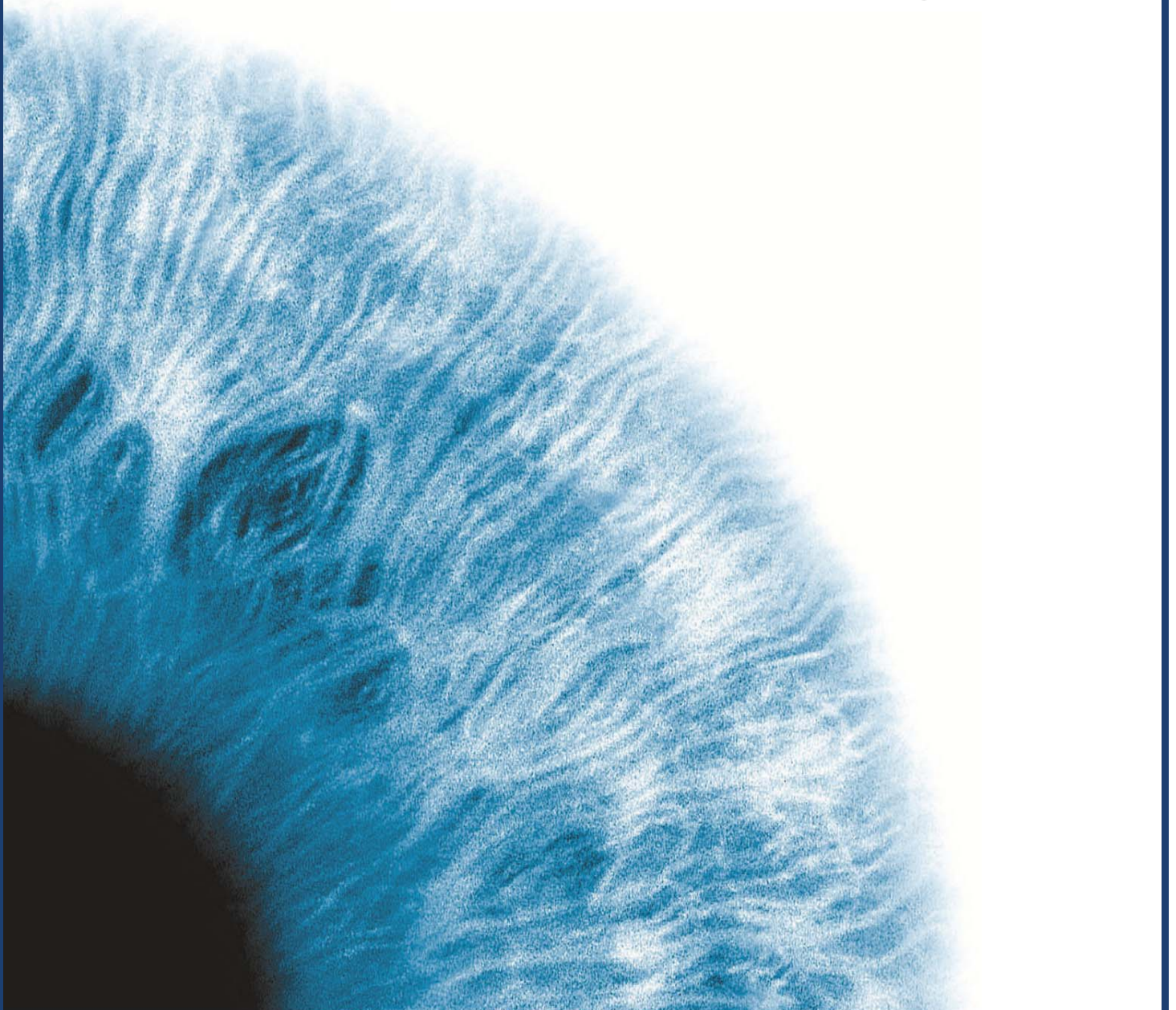




Our focus is your vision

Macular Degeneration Facts and Figures



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Macular Degeneration Foundation

The Foundation is a charity which relies on donations and support from government, business and the community to help continue our vital work.

All donations of \$2 or more are tax deductible and are gratefully accepted.

Macular Degeneration Foundation

ABN: 52 096 255 177

Toll free helpline: 1800 111 709

www.mdfoundation.com.au

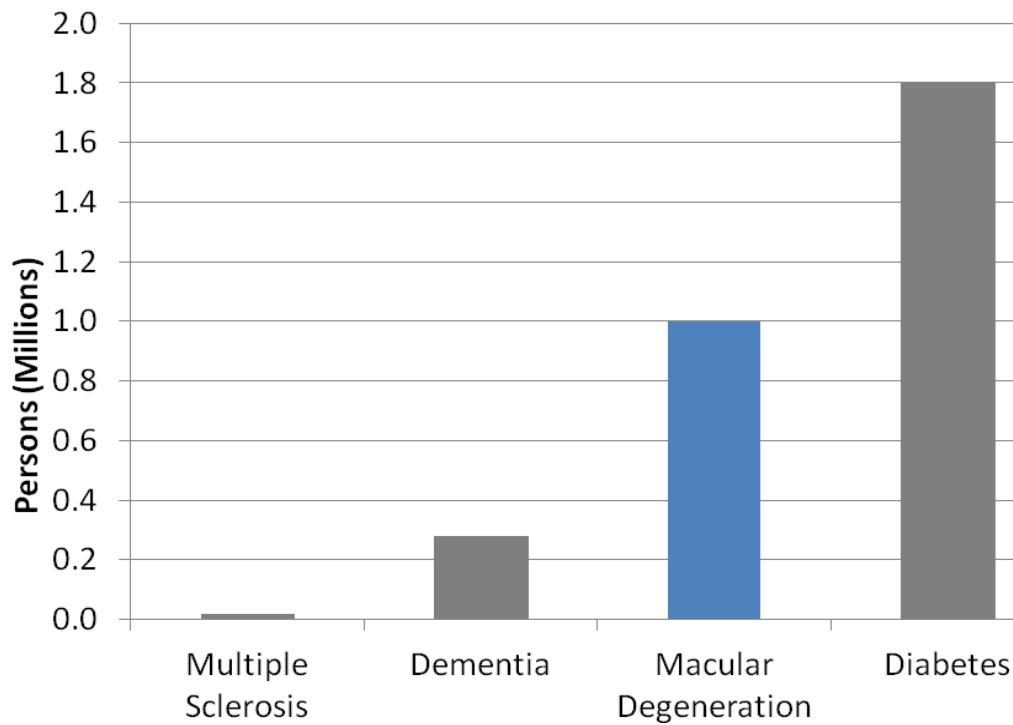
Macular Degeneration

Macular Degeneration (MD) is a progressive, chronic disease of the macula (central retina) at the back of the eye. Macular Degeneration leads to a loss of central vision, affecting the ability to read, drive, recognise faces and perform activities requiring detailed vision.¹ Macular Degeneration is a chronic disease with no cure.¹ It is also known as Age-related Macular Degeneration (AMD). Macular Degeneration affects central vision and does not produce total or black blindness.

Prevalence of Macular Degeneration in Australia

- Macular Degeneration is the leading cause of blindness and major vision loss in Australia^{1,2}
- 50% of all blindness* is due to Macular Degeneration
- The prevalence of Macular Degeneration increases with age
- The prevalence of Macular Degeneration is 4 times that of Dementia and more than half that of Diabetes.¹
- Approximately 1 in 7 Australians over 50 (1 million people) have some evidence of Macular Degeneration¹
- The number of people with some evidence of Macular Degeneration will increase by 70% to 1.7 million by 2030, in the absence of effective prevention and treatment measures.
- In 2010 12% of people over 50 yrs (856,000) had early signs of Macular Degeneration
- In 2010 2% of people over 50 (167,000) had late stage Macular Degeneration which included 57,000 with Dry Macular Degeneration and 110,000 people with Wet Macular Degeneration
- Over 14% of people over 80 (123,000) have vision loss or blindness from Age-related Macular Degeneration^{1,3}

Prevalence of some key chronic diseases in Australia^{1, 4-6}

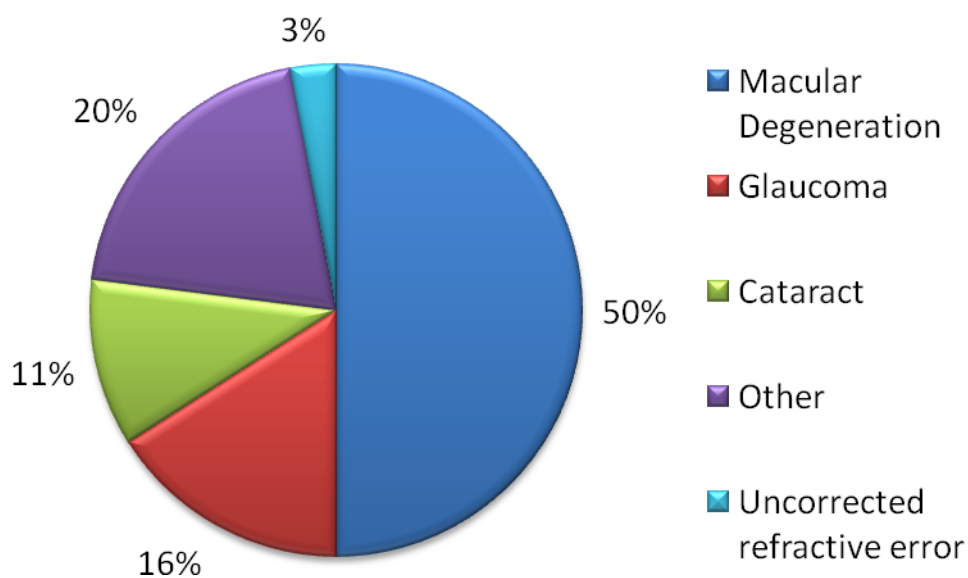


Macular Degeneration prevalence includes¹:

- 856,000 people with early disease
- 167,000 with late disease (vision impairment)

Diabetes prevalence includes an estimated 800,000 who are undiagnosed⁶.

Causes of blindness in Australia⁷



Cost of Macular Degeneration in Australia

The total cost of vision loss associated with Macular Degeneration was estimated at approximately \$5 billion in 2010.¹

The socio-economic impacts of Macular Degeneration include lower employment rates, higher use of services, social isolation, emotional distress and an earlier need for nursing home care.⁸

The impact of Macular Degeneration on quality of life is equivalent to cancer or coronary heart disease⁸.

Visual impairment prevents healthy and independent ageing and is associated with the following:⁸

- Risk of falls increased two times
- Risk of depression increased three times
- Risk of hip fractures increased four to eight times
- Admission to nursing homes three years earlier, on average
- Social independence decreased two times

Stages of Macular Degeneration¹

Early - 12% of people over 50 yrs (856,000)

- Normally there are no symptoms, but at risk of progression. There is the presence of lipid deposits (“drusen”) on the retina. Progression can be slowed through diet and lifestyle modifications.

Late - 2% of people over 50 (167,000) rising to over 14% of people over 80 (123,000)

- **“Dry”** (57,000) - atrophy of retinal tissue, normally producing gradual loss of central vision. Currently no treatment, but can be slowed through diet and lifestyle changes.
- **“Wet”** (110,000) - formation of leaky blood vessels under retina, typically producing rapid loss of central vision. A highly effective treatment (anti-VEGF injections) is now available. Early treatment produces best outcomes. Diet and lifestyle changes can also slow progression.

Eye health checklist⁹

- Have your eyes tested and macula checked
- Do not smoke
- Keep a healthy lifestyle, control your weight and exercise regularly
 - Eat fish 2 to 3 times a week
 - Eat dark green leafy vegetables and fresh fruit daily
 - Choose low glycemic index carbohydrates
 - Eat a handful of nuts a week
- Consider a suitable supplement in consultation with your doctor
- Protect your eyes from the sun
- Use an Amsler grid for checking for symptoms of Macular Degeneration
- Seek immediate attention from an eye care professional if there are any sudden changes in vision



Risk factors

Age

- The rate of Macular Degeneration increases dramatically with age¹
- Macular Degeneration is not an inevitable consequence of ageing

Family history

- 50% risk of developing MACULAR DEGENERATION if a family history is present¹⁰
- Up to 70% of cases have a genetic link¹

Smoking

- 3 to 4 times the risk of Macular Degeneration if you smoke
- Smokers get Macular Degeneration 5 to 10 years earlier, on average^{1,11,12}
- 20 years after quitting, an ex-smoker's risk is the same as someone who has never smoked^{1,13}

About the Macular Degeneration Foundation

The Macular Degeneration Foundation is a charity established in 2001 and is the only national charity committed to working on behalf of the entire Macular Degeneration community.

Clients include patients, families and carers and people at risk of developing Macular Degeneration. The Foundation also serves healthcare professionals, providing them with information and resources. The toll free helpline, website, newsletter and wide range of publications are all part of the continuum of care for the Macular Degeneration community.

The vision of the organisation is to reduce the incidence and impact of Macular Degeneration in Australia through five major areas of activity:

- Education
- Awareness
- Support services
- Research
- Representation

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*Blindness in this document refers to legal blindness



**Call the Macular Degeneration Foundation on 1800 111 709
for a free information kit or to speak to someone about making a donation.**

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