

# WHAT TO ASK YOUR EYE HEALTH PROFESSIONAL: DIAGNOSED WITH AGE-RELATED MACULAR DEGENERATION (AMD)



Macular  
Disease  
Foundation  
AUSTRALIA

## After you're diagnosed

When diagnosed with any disease or condition, it's important to obtain as much information as possible. Knowing and understanding this information helps you manage your health and any treatment or lifestyle changes you may need to undertake.

## 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

It can be overwhelming when you're first diagnosed with AMD. The following list of questions may help with what to ask.

### About the diagnosis

- What is AMD?
- Is it early, intermediate or late? If it's late, is it dry (atrophic) or wet (neovascular)?
- Are both eyes affected? If so, are they at the same stage?
- Can my AMD be treated? If so, how?
- How will my AMD affect my vision now and in the future?

### About diet and lifestyle

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

### 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?

# Eye health checklist

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- have regular eye examinations, including a check of the macula
- don't smoke
- live a healthy lifestyle, control your weight, and exercise regularly
- make sure your diet includes two-three servings of fish (oily fish is preferable) per week, daily serves of dark green leafy vegetables, daily serves of fruit, and a handful of nuts a week
- limit your consumption of fats and oils
- choose low glycemic index (GI) carbohydrates instead of high GI, whenever possible
- ask your doctor about taking a dietary supplement if food intake is inadequate
- ask your eye health professional if AREDS2 supplements are appropriate for you
- protect your eyes from sunlight with sunglasses and a wide-brimmed hat
- use an Amsler grid regularly to check for changes in your vision.

**Important:** Check with your doctor before making any changes to your diet or lifestyle.

## Need more information?

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You can find more information about macular disease on our website:  
[www.mdfoundation.com.au](http://www.mdfoundation.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**.

M DFA 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.