

DRY AGE-RELATED MACULAR DEGENERATION

Understanding Dry AMD, Central Vision Change, Assessment & Monitoring

Dry age-related macular degeneration is a common retinal condition affecting the macula, usually in older adults. It can cause gradual central vision change, difficulty reading, distortion, and reduced fine detail vision. Early assessment, monitoring, and lifestyle measures are important.

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Safe, Efficient & Patient Centred Care

★★★★★
5 ★ RATED ON GOOGLE

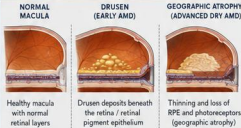
- EXPERT CARE
- ADVANCED TECHNOLOGY
- SAFE, EFFECTIVE TREATMENTS
- PERSONALISED APPROACH
- SHORT WAITING TIMES & FLEXIBLE APPOINTMENTS

1 CAUSES & RISK FACTORS

- Ageing
- Family history / genetics
- Smoking
- Cardiovascular risk factors
- Hypertension
- Poor diet
- Obesity
- Sunlight exposure
- Caucasian ethnicity

Dry AMD usually progresses slowly, but regular monitoring is important to detect changes early.

2 WHAT HAPPENS?



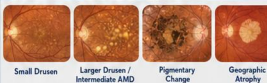
In dry AMD, deposits called drusen and degeneration of the retinal pigment epithelium affect the macula, leading to gradual central vision loss. Geographic atrophy is the advanced form of dry AMD.

3 COMMON SYMPTOMS

- Blurred central vision
- Difficulty reading
- Reduced contrast
- Needing brighter light
- Distortion - straight lines appearing wavy
- Faded colours
- Difficulty recognising faces
- Central patchy or missing vision in advanced cases

Sudden distortion or sudden worsening of vision may suggest wet AMD and needs urgent review.

4 CLINICAL FINDINGS



- Drusen (yellow deposits) at the macula
- Retinal pigment epithelium (RPE) change
- Outer retinal thinning
- Reduced central visual function
- Peripheral vision usually preserved

Findings correlate with symptoms and help guide monitoring and management.

5 ASSESSMENT AT EDGBASTON EYE CLINIC

- ✓ Full symptom and vision assessment
- ✓ Keeler digital slit lamp examination
- ✓ Dilated retinal examination
- ✓ OCT scanning of the macula
- ✓ Optos Daytona ultra-widefield retinal imaging
- ✓ Monitoring for progression
- ✓ Advice regarding self-monitoring
- ✓ Onward referral when needed



OCT imaging is very useful for monitoring the macula and detecting subtle changes over time.

6 MANAGEMENT / TREATMENT

- A Lifestyle & Risk Reduction**
 - Stop smoking
 - Healthy diet rich in leafy greens
 - Control blood pressure / cardiovascular risk
 - UV protection (sunglasses, hat)
- B Monitoring**
 - Regular review as advised
 - Self-monitoring with an Amsler grid
 - Earlier review if symptoms change
- C Vision Support**
 - Updated spectacles
 - Better lighting
 - Magnifiers / low vision aids if required
- D Supplements / Referral**
 - AREDS2-type supplements may be discussed in suitable patients
 - Onward referral if wet AMD is suspected or if additional specialist care is needed

Important: There is currently no injection treatment for dry AMD itself, but monitoring aims to detect progression and conversion to wet AMD.

7 WHEN TO SEEK HELP

- Sudden distortion of straight lines
- Sudden drop in central vision
- New scotomas (blank or dark patch)
- Rapid worsening of reading vision
- Symptoms in the other eye
- Concern about conversion to wet AMD

Seek prompt specialist eye assessment if your vision changes suddenly or you notice new distortion.

KEY POINTS

- Dry AMD is common and often gradual
- Central vision is affected more than side vision
- OCT and retinal imaging help monitoring
- Smoking cessation matters
- Sudden change needs urgent assessment

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