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**Queensland Eye Institute &  
Prevent Blindness Foundation**

**Dr Brendan Cronin**

[www.drbrendancronin.com.au](http://www.drbrendancronin.com.au)

Queensland Eye Institute  
Level 1, 41 Annerley Road,  
South Brisbane, QLD 4101

Phone: +61 7 3010 3360

Fax: +61 7 3010 3390



# Macular Degeneration



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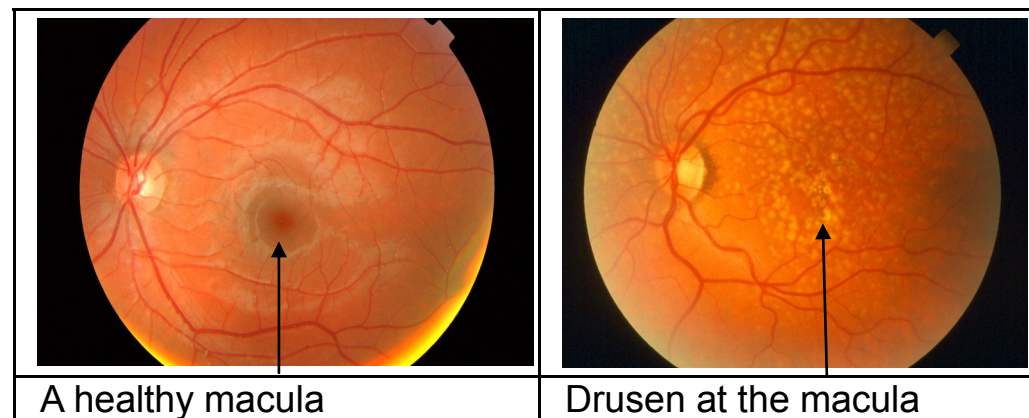
## Macular Degeneration (“ARMD”)

The macula is the centre of the retina, the light detecting nerve layer at the back of your eye. Macular degeneration does not make you completely blind, but it may damage your central vision leaving you to rely on your peripheral vision. There are 2 types of ARMD – dry and wet. These are very different diseases so it is important to understand them.

### Dry ARMD

This is the most common form of ARMD. Dry ARMD is caused by a build up of protein deposits called drusen at the macula. These deposits interfere with the health of the macula and reduce its ability to function. Dry ARMD causes a deterioration in central vision over many years, it does not affect vision suddenly.

There is no treatment for dry ARMD, however, the disease can be slowed down in some patients with high doses of anti-oxidants. There are very specific dose combinations that have been proven to work so make sure that the medication you choose is one recommended by your eye care professional.



A healthy macula

Drusen at the macula

### Wet ARMD

Wet ARMD occurs when a new leaky blood vessel grows through defects in the foundation layers of the retina. These new vessels can bleed and cause distortion or loss of your central vision. Wet ARMD comes on suddenly and can damage your retina just as quickly.

There is a treatment for Wet ARMD that is highly effective but it is important that you start the treatment as soon as possible. If you have either type of ARMD it is important to stop smoking as this can significantly worsen the disease.