



# Action Checklist for AMD

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Researchers have identified 7 ways you may be able to reduce the risk of AMD progression. To protect the vision you have, start now and do everything you can to check every item on this list.

Every action plan should start with a conversation with your doctor. Consult with your doctor before making any changes to your diet or lifestyle.



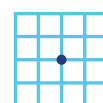
## Take an AREDS 2 formula eye vitamin

Look for a vitamin such as PreserVision that has the exact nutrient formula recommended for people with moderate to advanced AMD by the National Eye Institute. Take twice a day.



## Monitor your vision weekly

Use an Amsler grid at home to spot any changes in your vision. Tell your doctor if you see a change.



## If you smoke, quit

It's the No. 1 thing you can do to protect your vision.



## Shield your eyes from the sun

Wear sunglasses year-round that filter at least 99% of UVA and UVB rays.



## Maintain your overall health and keep your eye doctor appointments

Certain chronic conditions are linked to AMD progression. Work with your doctor to monitor and manage your health.



## Eat for your eyes

Aim for a diet rich in fruits and vegetables, especially dark, leafy greens. Avoid fatty foods.



## Be active

Do whatever you can to get your heart pumping for at least 30 minutes three times a week.



AMD?

Learn more about how you may be able to reduce your risk of AMD progression—and make a personalized Action Plan just for you, so you can discuss it with your eye doctor. Visit [SightMatters.com](https://SightMatters.com)