

AREDS supplemental eye vitamins

The National Eye Institute's first Age-Related Eye Disease Study (**AREDS1**) found that taking a specific high-dose formulation of antioxidants and zinc significantly reduces vision loss by about 25 percent over a 6-year period.

You can purchase the **AREDS 1** formulation at drug stores, supermarkets, health food stores, and other retail outlets that sell pharmaceutical products. The most commonly used ones are: I-caps, Preservision and Ocuvite.

Patients with AMD should consider eye vitamins based on the AREDS2 formulation

AREDS2, the next generation study (currently in progress) refines the findings of the original research by adding Lutein, Zeaxanthin, Bilberry and Omega-3 to the original formulation. These antioxidants have been shown to help prevent many degenerative diseases including Macular Degeneration.

The **EVOA AREDS2 eye vitamins** are recommended because they contain the total formulation. It is packed for daily consumption and EVOA delivers a monthly supply every 30 days. It is manufactured in the United States and it costs less than other eye vitamins.

The **EVOA AREDS2** eye vitamins can be ordered directly from the manufacturer:

- Call their Toll Free number at 1-877-390-9452
- Ask our receptionist for an order form and we can fax it for you at 1-888-938-4445
- On the internet: www.evoahealth.com

PROTECT YOUR EYES AGAINST AGE-RELATED MACULAR DEGENERATION WITH EYE VITAMINS

Macular degeneration is a disease associated with aging that gradually destroys sharp, central vision. Central vision is needed for seeing objects clearly and for common daily tasks such as reading and driving. Macular Degeneration causes no pain.

Macular Degeneration is detected during a comprehensive eye exam that includes but not limited to checking the vision and performing a dilated eye exam. Additional tests may include an evaluation of the central vision with an Amsler grid test or a visual fields test. In certain cases, a fluorescein angiogram (FA) may be scheduled to identify any leaking blood vessels that might require treatment.

VISION LOSS FROM MACULAR DEGENERATION IS IRREVERSIBLE



Normal Vision



The same scene as viewed by a person with age-related macular degeneration

Dry Macular Degeneration

Dry Macular Degeneration occurs when the light-sensitive cells in the macula slowly break down, gradually blurring central vision in the affected eye. It generally affects both eyes, but vision can be lost in one eye while the other eye seems unaffected. With the other eye seeing clearly, you still can drive, read, and see fine details.

Dry AMD has three stages, all of which may occur in one or both eyes:

1. **Early macular degeneration** is a precursor of the disease with no symptoms and no visual loss.
2. **Intermediate macular degeneration** causes some blurring in the center of the vision. More light may be needed for reading and other tasks.
3. **Advanced macular degeneration** causes a blurred spot in the center of the vision. Over time, the blurred spot may get bigger and darker, taking more of the central vision. You may have difficulty reading or recognizing faces until they are very close to you.

Once a dry macular degeneration reaches the advanced stage, no form of treatment can prevent vision loss. However, treatment can delay and possibly prevent it from progressing to the advanced stage, in which vision loss occurs.

Wet Macular Degeneration

Wet Macular Degeneration occurs when abnormal blood vessels behind the retina start to grow under the macula. These new blood vessels tend to be very fragile and often leak blood and fluid. Damage to the macula occurs rapidly. An early symptom of Wet Macular Degeneration is that straight lines appear wavy. A small blind spot may also appear, resulting in loss of one's central vision.

Wet Macular Degeneration can now be treated with new drugs that are injected into the eye (anti-VEGF therapy). This drug treatment blocks the effects of a growth factor which is responsible for the formation of the abnormal new blood vessels. You will need multiple injections that may be given as often as monthly. This drug treatment can help slow down vision loss and in some cases improve sight. However, the disease and loss of vision may progress despite treatment.

LIFE STYLE CHANGES ARE NEEDED IN BOTH DRY AND WET MACULAR DEGENERATION

- **Don't smoke**
- **Maintain normal blood pressure**
- **Wear sun glasses with UV protection outdoors**
- **Eat a healthy diet, high in green leafy vegetables**
- **Take the *AREDS 2* vitamin formulation along with your multivitamins**