

# VMD riska faktori

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07.08.2022.

Reading a book or paying your bills can *highlight where* your macula is *damaged*, *leaving* you with *blurriness*, or *blind spots*, *strange distortions*, or *blind spots*, Dr. Siringo *says*. *Since* in English, we *read left to right*, eventually, *your eyes* will eventually *track into a blind spot* directly in *front of you* on the page. Once your *eyes* move off to the right again, vision returns.

# Ar vecumu saistītā makulas deģenerācija

Hroniska (multifaktoriāla) un nesāpīga makulas saslimšana.






Tas ir galvenais vājredzības iemesls gados vecākiem cilvēkiem.






Etioloģija nav skaidra, bet ģenētiskajiem un vides faktoriem, tostarp oksidatīvajam stresam, esot nozīme.



# VMD riska faktori

- vecums
- iedzimtība
- etniskā piederība
- sirds un asinsvadu saslimšanas
- smēķēšana
- liekais svars
- fizisko aktivitāšu trūkums
- uztura paradumi
- gaismas iedarbība
- regulāru redzes pārbažu trūkums

Modifiable risk factors for AMD	Link to AMD	Literature
 Diet	-Antioxidants (L&Z), Omega fatty acids -40-200% change in risk of AMD	Merle et al. 2019, Chapman et al. 2019, Gale et al. 2003, Tan et al. 2008
 Fitness	-Increased fitness = lower biological age decreases inflammation, increases antioxidant activities -70% reduced risk of advanced AMD	Knudtson et al. 2006, Han and Kim 2021
 Obesity	-Lowers macular pigmentation, increases inflammation, decreases circulation -75-235% increase in AMD for obese	Seddon et al. 2003, Adams et al. 2011, Zhang et al. 2016, Johnson 2005, Esroy et al. 2014
 Light exposure	-380-500 nm (violet-blue) causes oxidative "photochemical" damage -40-370% increase in risk AMD	Schick et al. 2016, Sui et al 2013, Young 1988, Pipis et al. 2013, Fletcher et al. 2008, ISO 2018
 Smoking	-causes oxidative "free radical" damage -200-400% increased risk of AMD	West et al. 1989, Smith et al. 1996, Han and Kim 2021, Ulanczyk et al. 2020

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# Ko darīt? Kā samazināt riskus?

## Eye health checklist

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Although you can't change your family history or your age, the following simple practices can help optimise your macular health and reduce your risk of vision loss:

- have regular eye examinations, including a check of the macula
- don't smoke
- live a healthy lifestyle, control weight, and exercise regularly
- eat fish two to three times a week, dark green leafy vegetables and fresh fruit daily, and a handful of nuts a week, and limit your consumption of fats and oils
- choose low glycemic index (GI) carbohydrates instead of high GI whenever possible
- in consultation with your doctor, consider taking a dietary supplement if food intake is inadequate
- ask your eye health professional if AREDS2 supplements are appropriate for you
- use adequate protection for your eyes from the sun
- use an Amsler grid regularly to check for changes in your vision



# Paldies!

