

Diet.

You increase your chances of getting GA if you don't eat many fruits and vegetables, especially dark green leafy vegetables.



Family history.

Along with getting older, having a relative with AMD is one of the biggest risk factors for getting GA.



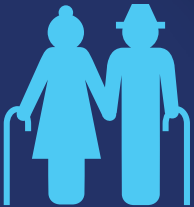
Smoking.

Being a smoker raises your risk of GA a lot. Both current smokers and former smokers are at higher risk than people who've never smoked.



THINGS THAT CAN MAKE GEOGRAPHIC ATROPHY MORE LIKELY

About 20% of those living with dry age-related macular degeneration (AMD) get geographic atrophy (GA), the most advanced stage of the disease. Research shows there are some things that make you more prone to it. They include:



Age.

If you have AMD, you're more likely to get GA after age 60.



Alcohol.

If you're a drinker, studies show your risk of GA is higher.



Race.

White people have the highest risk of GA.



Sun

exposure.

If you've had a lot of time in the sun during your life, your risk of GA is higher.

Reviewed by Neha Pathak, MD, on Feb. 9, 2023

SOURCES: American Academy of Ophthalmology: "Geographic Atrophy." Prevent Blindness: "Geographic Atrophy (GA)." *JAMA Ophthalmology*: Association of Smoking, Alcohol Consumption, Blood Pressure, Body Mass Index, and Glycemic Risk Factors With Age-Related Macular Degeneration."