

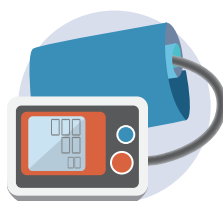
LIFESTYLE TIPS FOR Wet Age-Related Macular Degeneration

Lifestyle changes can't treat wet age-related macular degeneration (AMD). But some might slow its progress, help you manage vision changes, or improve your overall eye health.



Don't smoke.

AMD tends to get worse more quickly in people who smoke. They don't respond as well to treatment, either. Ask your doctor about ways to help you quit.

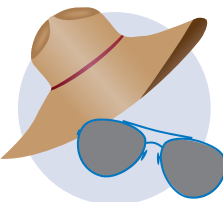


Keep other health conditions under control.

Research has found links between AMD and both heart disease and high blood pressure. See your doctor regularly and follow their advice to manage your health.



Watch your diet. Eat lots of antioxidant-rich fruits and veggies such as leafy greens and squash. Opt for foods high in omega-3 fatty acids like tuna and salmon. Make sure you get enough zinc from sources like red meat, shellfish, and nuts.



Protect your eyes. The sun's ultraviolet waves can damage your eyes. Wear hats and/or sunglasses with UV-blocking lenses when you spend time outdoors.



Use adaptive devices and technology.

Ask your doctor about vision aids, speech-to-text technologies, and apps that can help you stay safe, independent, and engaged with activities you enjoy.

Reviewed by Melinda Ratini DO, MS on March 14, 2023

SOURCES: Macular Society: "Smoking and sight loss." NYU Langone Health: "Lifestyle Changes for Macular Degeneration." American Optometric Association: "Diet and Nutrition." Macular Degeneration Association: "Coping and Support!"