

## My action plan

Steps I can take today to help reduce the risk of progression of AMD\*



\*Lutein + zeaxanthin and omega-3 fatty acids for age-related macular degeneration. The Age-Related Eye Disease Study 2 (AREDS2) randomized clinical trial. JAMA 2013;309(19):2005-2015. doi:10.1001/jama.2013.4997.

## Read vitamin labels carefully

With all the vitamin choices available, it's important to read the labels to make sure you are getting the nutrient formula recommended by the National Eye Institute (NEI) for people with moderate-to-advanced AMD.

First, look for a vitamin that says "AREDS2" on the package. Then, you can check the Supplement Facts to ensure you are getting the specific daily levels of all six clinically proven nutrients recommended by the NEI, which can be found in the PreserVision® AREDS2 Formula\*:

- Vitamin C (500 mg)
- Zinc Oxide (80 mg)
- Lutein (10 mg)
- Vitamin E (400 IU)
- Copper (2 mg)
- Zeaxanthin (2 mg)



All PreserVision® formulas are directly based on the NEI's Age-Related Eye Disease Study (AREDS2). Talk to your doctor about which PreserVision® formula is right for you.

To learn more from the NEI about the AREDS studies, visit [www.nei.nih.gov/amd](http://www.nei.nih.gov/amd).





## Remember to take PreserVision<sup>®</sup> twice a day

In AREDS and AREDS2 studies, participants with moderate-to-advanced AMD experienced a reduced risk in progression from taking high-potency antioxidant and zinc supplements two times per day.\* It is important to follow the same regimen.

To achieve the full benefit of PreserVision<sup>®</sup> vitamins, take the recommended dose twice a day, every day, with meals.

### **TIP:** Work PreserVision<sup>®</sup> into your routine

We know it can be hard to remember to take your vitamins. It may be helpful to try associating your PreserVision<sup>®</sup> with a specific time and place.

For example, prepare for the morning by putting your first dose near something that's part of your routine, such as your coffee pot or toothbrush.



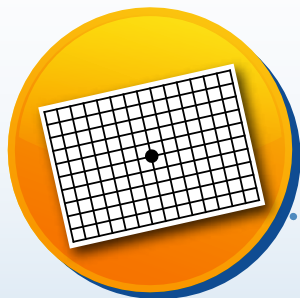
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## Monitor your vision daily

You can monitor your vision at home with a tool called the Amsler grid. Each eye should be tested once daily to watch out for subtle changes in your vision that may require attention from your eye care professional. If there is no change in what you're seeing, that's a good sign. Keep up with your current PreserVision<sup>®</sup> Eye Vitamin and Mineral Supplement regimen and see your doctor as directed.

A magnetic Amsler grid is included in your Joy of Sight<sup>™</sup> Welcome Kit. Try to keep it in a prominent place, such as on the refrigerator.

To print additional Amsler grids, visit [JoyofSight.ca](http://JoyofSight.ca).



## If you smoke, try to quit

Smoking can harm your eyes, just like it can harm your body. Cigarette smoke may damage the retina and can reduce blood flow in eye tissue, potentially leading to AMD and increasing the risk of progression.

Since smoking is both a physical addiction and a mental habit, it can be hard to quit.

**TIP:** Consider creating a personal plan using the START guide below.

**S** = Set a quit date

**T** = Tell family and friends that you plan to quit

**A** = Anticipate the challenges you'll face

**R** = Remove tobacco from your home, car and work

**T** = Talk to your doctor about getting help quitting

To get started today, go to [www.smokershelpline.ca](http://www.smokershelpline.ca)



## **Maintain overall health**

Obesity, high blood pressure and high cholesterol may contribute to the development of advanced AMD.

### **Exercise**

Exercise has been shown to reduce the risk of progression of AMD, so try to commit to being active for 30 minutes at least three times a week. Some activities to consider are brisk walking, light jogging and bicycling. Always consult your doctor before beginning a new routine.

### **Eat right**

A high-fat diet can lead to fatty plaque deposits in the eye, increasing the risk of AMD. You might be able to slow progression of AMD by eating a balanced diet rich in fruits and vegetables, especially dark, leafy greens.

Get your blood pressure and cholesterol levels checked at your regular doctor visits.





## Protect your eyes from ultraviolet (UV) rays

Too much exposure to UV rays can speed up progression of AMD. To help protect your eyes, consider wearing wide-brimmed hats and limiting time outdoors between 10 am and 4 pm, when UV rays are strongest.

Good-quality sunglasses are also important all year round. To get the best protection, look for:

- 99% to 100% UVA and UVB protection, indicated on the manufacturer's label; if you're unsure, ask the sales assistant or your eye doctor for guidance
- Lenses dark enough to reduce glare, but not so dark that they distort colours
- Lenses big enough to block UV light from all angles; wraparound sunglasses are ideal



## **Keep your eye doctor appointments**

Certain changes in AMD may only be detected by a qualified eye care professional. So, it is important to keep all of your scheduled eye appointments, as directed by your doctor.

Consider bringing a list of questions to ask your doctor. You can use this list to get started:

**Is my AMD progressing?**

**Should I watch out for any changes or symptoms?**

**Which PreserVision<sup>®</sup> Eye Vitamin and Mineral Supplement Formula is right for me?**

**Are there lifestyle changes I should consider to reduce my risk?**

For more questions to ask your doctor, visit [JoyofSight.ca](http://JoyofSight.ca).

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