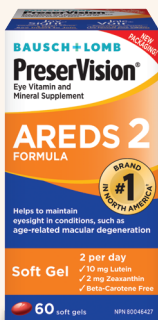
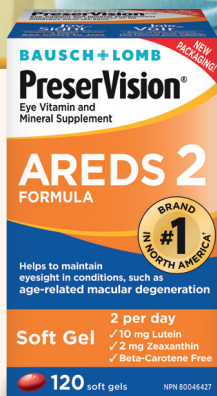


An Introduction to Age-related Macular Degeneration (AMD)

Because your eyes are everything



PreserVision®
Eye Vitamin and Mineral Supplement
AREDS 2 Formula

BAUSCH+LOMB
See better. Live better.



BAUSCH + LOMB

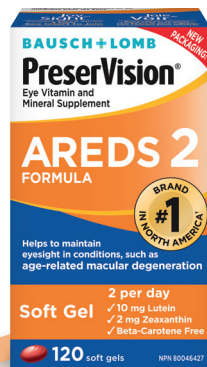
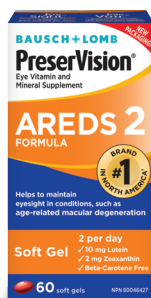
See better. Live better.

Getting Started

It can be alarming to learn that you have AMD, but the more you know about it, the less you'll have to fear. Learning about AMD can help you make informed decisions about treatments and lifestyle modifications that may help slow the progression of the disease.

Reading this booklet is a good place to start learning, but for more in-depth information, please see the list of helpful resources on page 12.

Through these valuable resources, you'll be able to find additional information about age-related eye diseases, specifically dry and wet AMD, risk factors, prevention and treatment strategies.



AMD Plan of Action

Know the Facts about AMD

AMD affects the macula, a tiny area at the centre of your retina responsible for detailed central vision, important for tasks such as reading and recognizing faces. There are two types of AMD: **dry** and **wet**.

Dry AMD

- Dry AMD is characterized by the appearance of yellow deposits known as *drusen* located at the back of the eye and sometimes followed by a gradual thinning of the retina and loss of function.



DRY AMD accounts for approximately **90%** of all AMD cases¹

- › Drusen formation and build-up over time can damage the retina and photoreceptors in the macula and may lead to permanent central vision loss – a very slow process that can take years to become apparent.
- › Vision loss from dry AMD occurs slowly and may be less severe than with wet AMD.
- › People with dry AMD are at increased risk for developing wet AMD as dry AMD can transform into wet AMD at any time.
- › While there is no cure for dry AMD, a specific combination of nutrients like PreserVision[®] Eye Vitamin and Mineral Supplement AREDS 2 Formula may help to maintain eyesight in AMD.

Wet AMD

- › Wet AMD involves the spontaneous growth of new, abnormal blood vessels under the retina. These vessels are fragile and leak blood into the surrounding tissues, resulting in rapid reduction of central vision, which can lead to severe vision loss if not properly treated.
- › Central vision loss from wet AMD can be rapid and severe.

WET AMD accounts for approximately **10%** of all AMD cases, yet it is responsible for the severe vision loss that is often associated with AMD¹

- › Several treatment options are now available that can help efficiently manage wet AMD. Certain therapies can help block or eliminate the growth of abnormal vessels, which may limit further vision damage.
- › Because there is no cure for wet AMD, patients need regular monitoring and frequent, thorough eye examinations.

Know What to Expect

- › In the early stages of dry AMD, you may hardly notice anything at all. If only one eye is affected, the good eye often compensates, making it difficult for an individual to detect changes in vision.
- › Both forms of AMD are painless, which also makes it difficult to detect.
- › It may take years for dry AMD to have any significant effect on your vision.
- › Eventually, the damage caused to your macula and photoreceptors by both types of AMD leads to blank spots in your central vision. Your peripheral (side) vision is not affected in AMD.

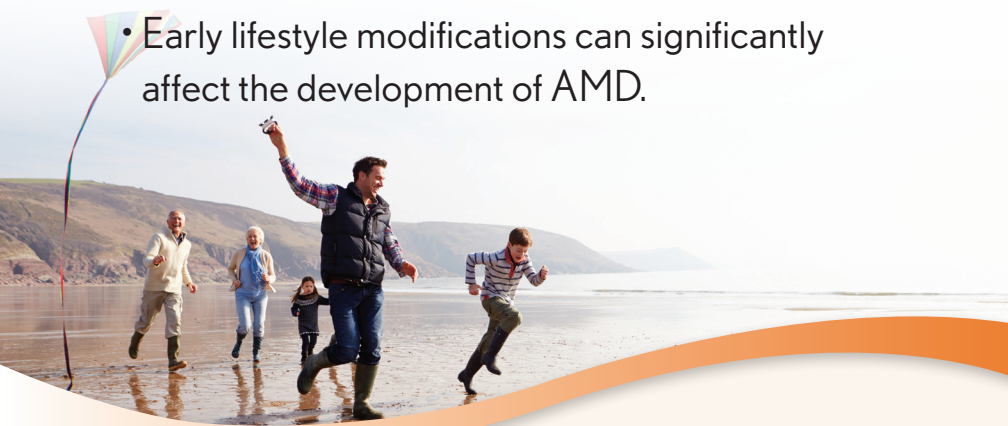


- › Central blank spots make it harder to drive, read, sew, watch TV, and see the faces of family and friends clearly.
- › Wet AMD can also create metamorphopsia, a wavy distortion in your vision that is especially apparent when looking at straight objects (e.g., telephone poles, skyscrapers, etc., which appear curved or bent). This is caused by the formation of abnormal blood vessels that create a bump or bulge and alter the normal contour of the macula.

Know What to Do

- › Regular visits to your eye care professional can help you monitor the progression of the disease and provide you with treatment options at the appropriate time.
- › Use an Amsler grid at home on a regular basis to help detect changes in your vision, alerting you to contact your eye care professional immediately.

- › Make appropriate lifestyle changes, as these have been identified as risk factors for the development and progression of AMD.
 - Become smoke-free
 - Eat plenty of dark green, leafy vegetables
 - Maintain a healthy body weight
 - Be physically active
 - Avoid excessive sunlight and protect your eyes from UV rays
- › If recommended by your eye care professional, take PreserVision® Eye Vitamin and Mineral Supplement AREDS 2 Formula.
- › Tell your immediate family about your condition as:
 - First generation family members are up to three times more likely to develop AMD.
 - Early lifestyle modifications can significantly affect the development of AMD.



PreserVision®

Eye Vitamin and Mineral Supplement

AREDS 2 Formula

Based on the latest age-related eye disease study (AREDS2*), PreserVision® Eye Vitamin and Mineral Supplement AREDS 2 Formula:

- › Contains antioxidant vitamins and minerals essential to eye health.
- › Helps maintain eyesight in conditions such as AMD.

* The original AREDS was a large clinical study involving 3640 study participants who were evaluated over a 6-year period. The follow-up study, AREDS2, studied 4203 randomized patients for 5 years at 82 centres across the U.S.

National Eye Institute Recommended Formula (per daily dose)¹

Vitamin C
(500 mg)

Vitamin E
(400 IU)

Zeaxanthin
(2 mg)

Zinc
(80 mg)

Lutein
(10 mg)

Copper
(2 mg)



Make

PreserVision®

Eye Vitamin and Mineral Supplement

AREDS 2 Formula

A Part of Your Daily Routine



- › Take 2 gel caps per day or as recommended by your eye care professional, 1 in the morning, 1 in the evening, with a full glass of water and with food. Take them a few hours before or after taking other medications.

**PreserVision® Eye Vitamin and Mineral Supplement
AREDS 2 Formula benefits include:**



Actual size

- Small size
- Smooth shape
- Easy-to-swallow soft gel

PreserVision®

Eye Vitamin and Mineral Supplement

AREDS 2 Formula

DO NOT Contain Beta-carotene

- › Some doctors recommend that patients who smoke, or are former smokers, avoid taking supplements that contain beta-carotene due to an increased risk of lung cancer.
- › Instead of beta-carotene, PreserVision® Eye Vitamin and Mineral Supplement AREDS 2 Formula contains lutein and zeaxanthin, which are critical components of your macula.
- › All PreserVision® Eye Vitamin and Mineral Supplement AREDS 2 Formula are formulated without beta-carotene for smokers, former smokers and non-smokers.

X Beta-carotene

Helpful Eye Health Information Resources

Vision Loss Rehabilitation Canada

1-844-887-8572

info@vlrehab.ca

www.visionlossrehab.ca

Fighting Blindness Canada

www.fightingblindness.ca

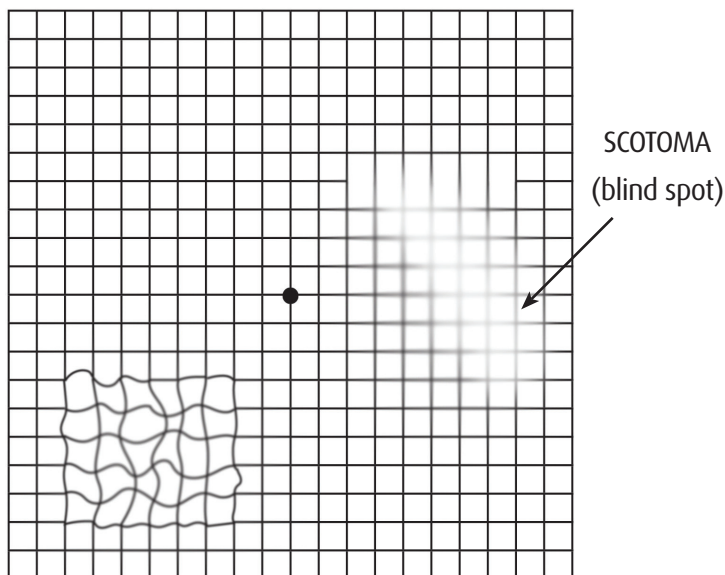
1-800-461-3331



Put The AMSLER GRID Where You Will See It Every Day

- › If you wear corrective lenses, wear them when taking the test.
- › Position the chart 35 cm (approximately 14 inches) away from your eyes.
- › Cover one eye at a time with your hand.
- › Stare at the dot in the centre – do not let your eye drift from the dot.
- › Contact your eye care professional immediately if:
 - Any of the straight lines appear wavy or bent.
 - Any of the boxes differ in size or shape from the others.
 - Any of the lines are missing, blurry or discoloured.

Use the **Amsler Grid Screening Tool** to Check Your Vision Daily. It Takes Less Than A Minute!



METAMORPHOPSIA
(alteration)

How to use the Amsler Grid

1. If you wear corrective lenses, wear them while you take the test.
2. Position the chart about 14 inches (35 cm) away from your eyes.
3. Cover one eye and stare at the dot in the centre of the grid.
Do not allow your focus to drift from the dot.
4. Notice whether there are any distortions or breaks in the lines you see on the grid, or if any of the lines disappear.
5. Repeat the process with the opposite eye.

Stay Alert To Changes In Your Vision At Home

Use the AMSLER GRID on the back of this page to help monitor your AMD.



PreserVision®

Eye Vitamin and Mineral Supplement

AREDS 2 Formula



Two a day is all it takes.

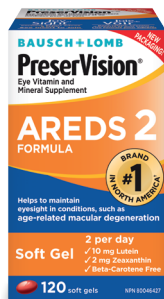
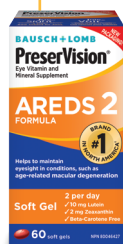
Ask your eye care professional about PreserVision®
Eye Vitamin and Mineral Supplement AREDS 2 Formula



**Membership is FREE
and you will receive:**

- **Valuable coupons** through the year
- Expert advice and information about AMD
- Tips to help reduce your risk of AMD progression

Join at joyofsight.ca



BAUSCH + LOMB
See better. Live better.

To be sure this product is right for you, always read and follow the label.

AMD = age-related macular degeneration; AREDS2 = Age-Related Eye Disease Study 2; NEI = National Eye Institute

1. 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

† Data on file for #1 Brand in North America, Bausch + Lomb. 1 Eye Disease Fact Sheet Age-Related Macular Degeneration.

<https://www.fightingblindness.ca/eye-diseases-pathways/age-related-macular-degeneration/>

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