Take Action to Help Protect Your Vision – Starting Today
What every adult over age 50 should know about AMD

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Make your eye health a priority.
It’s not just a way to keep your sight. Stronger eyes, stronger health, and a longer life.

Small steps can help you reduce your risk of developing or progressing AMD when you need to know.

Be aware of risk factors for AMD.
A black history – Excess weight may damage the eye and increase the risk of AMD.

A red history – Smoking, alcohol use, or high cholesterol may increase the risk of AMD.

A green history – Healthy diet and exercise may help reduce your risk.

A blue history – Regular exercise, including walking, may help reduce your risk.

How to help reduce your risk of progression.

1. Detect vision changes and act on them.

2. Maintain a healthy lifestyle.

3. Exercise regularly.

4. Eat a healthy diet.

5. Take an eye test.

6. Follow recommendations from the National Eye Institute.

Click here for a free SightMatters Starter Kit with tips and tools on how to better understand your AMD (Age-related Macular Degeneration).

Your eye health is a way to keep your sight. Stronger eyes, stronger health, and a longer life.

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