



Age Related Macular Degeneration (ARMD)

ARMD is a degenerative disease affecting the macula of elderly people, which can be divided into dry and wet forms. Dry ARMD is due to the degeneration of retinal pigment epithelium (RPE) and photoreceptor complex, while wet ARMD manifests with neovascularization, exudation, hemorrhage and scarring of the macular leading to severe damage of vision. Some patients with dry ARMD may progress into wet ARMD with time.

Signs / Symptoms

Dry ARMD presents with gradual impairment of vision over months or years, while Wet ARMD presents with acute onset blurred central vision, metamorphopsia and/or scotoma.

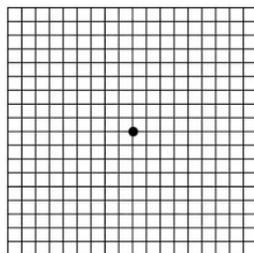
Risk Factors

Aging is the major risk factor; others include smoking, high fat intake, family history and high sunlight exposure, etc.

Treatment

It depends on the disease status of the patients and includes oral supplement, laser photocoagulation, photodynamic therapy, intravitreal injection of anti-VEGF agent and operation. Self-monitoring of vision by Amlser Grid is important for early detection of disease progression.

Amsler Grid Test



Instruction for use

1. Ensure adequate lighting, wear reading glasses if necessary
2. Test each eye in turn with the other eye occluded
3. Look at the center dot of Amsler Grid at a testing distance of about 33cm and "sense" whether the surrounding lines are wavy (Metamorphopsia), or if there is a shadow that could not be seen (scotoma)
4. If abnormal changes are detected, early attention by an ophthalmologist is necessary

Remarks

In addition to appropriate treatment modalities and regular self-monitoring, the use of optical aids, low vision support and special skills training helps to maximize the use of remaining vision of patient and improve quality of life. Long term psychological and social support is also important.

The information is for general education purpose and reference only.

Should you have any queries, please consult medical professionals

Specialty Advisory Group (Ophthalmology)

First Published 2019