

# Age-related Macular Degeneration (AMD)

Age-related macular degeneration (AMD) is a progressive eye disease that affects the macula, a small portion of the retina, causing central vision loss in one or both eyes<sup>1</sup> and is categorized as “dry” (atrophic) or “wet” (exudative).<sup>2</sup> Individuals with AMD may experience difficulties navigating everyday activities at work or at home, such as self-care, cooking, driving, using a computer, or reading.

To help improve patient support, two advocacy organizations were provided a total of USD 150 000 for their proposals that demonstrate a commitment to addressing daily living needs of people with AMD.

Funded programs include:

The American Macular Degeneration Foundation, Inc.’s “Cooking at Home with AMD Vision Loss, Safely, For Your Health and Sight” - A program with a television show-like format featuring a variety of experts to provide kitchen safety tips for those with low vision and teach community members how to prepare dishes scientifically designed to be beneficial to those at risk for, or with, AMD.

The SupportSight Foundation’s “My MacD Life” - Podcasts to inspire and motivate the AMD community to better utilize technology, give people easy, uncomplicated access to information, and facilitate the sharing of powerful stories from other members of the community to support behavior change.

## References

1. Age-related macular degeneration. National Eye Institute. <https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/age-related-macular-degeneration>. Published August 2, 2019. Accessed April 10, 2020.
2. Age-related macular degeneration. American Optometric Association. <https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/macular-degeneration?sso=y>. Accessed April 10, 2020.

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3. <http://supportsight.org/>
4. <https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/age-related-macular-degeneration>
5. <https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/macular-degeneration?sso=y>