SightMatters

# Managing Your AMD While You're at Home

These are unsettling times for everyone, and we want to support our SightMatters members. We hope these tips will help.

Check Your Vision Regularly

Especially if your routine eye exam has been postponed, it's important to use an Amsler grid at least weekly and call your eye doctor right away if you notice vision changes. The American Academy of Ophthalmology has developed COVID-19 safety guidelines for doctors' offices and clinics, as well as providing specific AMD-related information here.
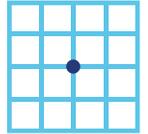
Eat an Eye-Healthy Diet

Balancing your diet with eye-healthy produce can help support retinal health. (Talk to your doctor before making any changes to your diet.) If you're limiting your trips to the supermarket, consider asking your social media network about volunteers in your town delivering groceries to seniors.

Quit Smoking

Besides being bad for your lungs, smoking is a top risk factor for AMD progression, and research shows that every time you try quitting, you get one step closer to succeeding.

Take an Eye Vitamin Based on the AREDS2 Study

The National Eye Institute recommends taking a vitamin based on the AREDS2 study to help reduce the risk of moderate to advanced AMD progression.

Make an AMD Action Plan

Having a plan can help give you a sense of purpose during this time and help you stay on track. SightMatters lets you create a personalized AMD Action Plan based on your current lifestyle, making it easy to stick to it.

Get More Information and Tools

For more information from the American Academy of Ophthalmology on Coronavirus, visit https://www.aao.org/eye-health/coronavirus

Download an Amsler Grid and instructions for correct use at SightMatters.com/Amsler

Learn about the best and worst foods for AMD at SightMatters.com/AMDdiet

Get help quitting smoking at SightMatters.com/Quit

Learn about eye vitamins at SightMatters.com/Vitamins

Set eye health goals by creating an Action Plan at SightMatters.com/TakeAction

FROM THE EYE CARE EXPERTS AT BAUSCH + LOMB