

VISION LOSS IN ELDERLY

RULE OUT AGE RELATED MACULAR DEGENERATION

Mr Saxena, who is 70 years old, attributed his progressive decrease in vision to cataract and delayed visiting an ophthalmologist for surgery. When he finally did walk into Centre for Sight, he was shocked to learn that his visual loss was primarily because of Exudative ARMD, where one of his eyes had progressed to an advanced stage of degeneration and was beyond treatment. Luckily, his other eye was still treatable. One year later, Mr Saxena is thanking his stars for taking treatment and saving his eye from going blind due to ARMD.

With the advancement in medical sciences, there has been considerable improvement in life expectancy in recent years. The size of the elderly population in India was around 84 million in 2001, and it is expected to increase significantly in the next two decades because of improvement in socio economic conditions. While this is a positive trend, with ageing come age related illnesses and like every other part of the body; degeneration also takes its toll on the most tender part of the body—the eyes.

Age Related Macular Degeneration (ARMD) is a disease that causes progressive degeneration to the macula which is the central part of the retina that allows us to see fine details. This condition, which is the commonest cause of blindness in the Western World after the age of 65, is now becoming common in our country too. In the past, treatment for ARMD was limited but extensive research on the subject has made its management possible, thereby helping the elderly retain their vision and improve their quality of life.

FORMS OF MACULAR DEGENERATION

The two common types of ARMD are: Dry (atrophic) and Wet (exudative).

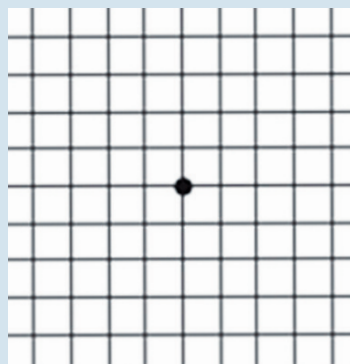
DRY (ATROPHIC/INVOLUTIONAL): Accounts for 90 per cent of all ARMDs and causes thinning of the tissues of the macula.

WET (EXUDATIVE/HAEMORRAGIC): This form is characterised by development of abnormal blood vessels beneath the

CHECK YOUR CENTRAL VISION WITH THE AMSLER GRID

The Amsler Grid is used to test the macula, the central part of the retina responsible for vision. It consists of a grid made of evenly spaced horizontal and vertical lines with a small dot in the center for fixation. To perform the test, follow the instructions given below.

- 1) Hold the grid 30 cm from the eye
- 2) Close one eye
- 3) Focus on the dot in the center of the grid



Answer the following questions:

- Can you see the corners and sides of the square?
- Do you see any wavy lines?
- Are there any holes or missing areas? If the lines of grid do not look straight or areas appear missing or distorted, please get your eyes checked by a retina specialist.

Amslers Grid is available free of cost at Centre for Sight in GURGAON, PREET VIHAR and FARIDABAD

retinal pigment epithelial layer. These vessels can bleed and eventually cause scarring leading to profound loss of central vision.

There are many such cases where treatment for ARMD is being given successfully.

TREATMENT FOR ARMD

LASER SURGERY AND PDT

Patients with the wet type of macular degeneration may be candidates

for laser treatment. The treatment can successfully eliminate the abnormal blood vessels in approximately 50 per cent of these patients. Another modality is a type of cold laser which is used in patients on whom the neo vascular

membrane is below the centre point of the eye. PDT helps in stabilising vision in majority.

ANTI - VEGF TREATMENT

The latest development for treat-



NORMAL EYE



SEVERE WET ARMD

FACTS ABOUT ARMD:

- Dry ARMD causes gradual vision loss.
- Wet ARMD causes severe, painless, irreversible vision loss.
- If detected early, Wet ARMD is treatable.
- Regular eye check ups and early detection can prevent blindness due to ARMD.
- Nutritional supplements with Vitamin C, E, beta carotene and zinc can lower the risk of developing advanced stage ARMD.
- PDT can stabilise vision in majority
- Anti-VEGF therapy helps salvage and improve vision.

CENTRE FOR SIGHT AT YOUR DOORSTEP
GURGAON:
 SCO 317, Sector 29, Near Hotel Lemon Tree

EAST DELHI:
 F19, 1st & 2nd Floor, Preet Vihar

FARIDABAD:
 Sector 16A, Sunflag Hospital

AGRA:
 G-5 & B-5, Friends Plaza, Sanjay Place

- Bring this article to avail Free Retinal Evaluation.
- Only with prior appointment
 - Valid only at Gurgaon, Preet Vihar and Faridabad centres
 - Valid till December 31

* ONLY REGISTRATION FEE OF RS 50 NEEDS TO BE PAID



...Because Every Eye Deserves The Best

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CENTRE FOR SIGHT

GROUP OF EYE HOSPITALS

SOUTH DELHI: B-5/24 Safdarjung Enclave, Opposite Deer Park Tel: 011 45738888, 41644000, 9313837311/12
 EAST DELHI: F-19, 1st and 2nd Floor, Preet Vihar, Main Vikas Marg, Tel: 011 43097930-31, 34, 9310493560
 GURGAON: SCO Complex - 317, Sector 29 Tel: 95 124 4210317-18, 4287300, 9310486490
 FARIDABAD: At Sunflag Hospital, Sector 16A Tel: 9968354213, 9350747431, 95 129 4004441-42
 AGRA: G-5 & B-5, Friends Wasan Plaza, Sanjay Place Tel: 0562 4044113, 3257515
 CFS CLINIC*: D2 /2601, Vasant Kunj, New Delhi, 011 46027438, 41644000 (*Evening OPDs only)
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OPD SEVEN DAYS A WEEK. SUNDAYS OPEN.