

# Age-Related Macular Degeneration (AMD) Treatment Plan

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Patient Name

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Test Date

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Rod Intercept™ (RI) Time

## Treatment Recommendation

- Nutritional supplementation \_\_\_\_\_
- Ultraviolet light protection \_\_\_\_\_
- Blue light protection \_\_\_\_\_

## Lifestyle Change Recommendation

- Stop smoking immediately
- Exercise regularly to maintain healthy weight/BMI
- Eat Mediterranean diet
- Maintain good cardiovascular health by lowering cholesterol and controlling diabetes
- Use Amsler Grid

Measuring your RI and digitally imaging your retina (macula) every \_\_\_\_\_ months could detect subtle changes to your macular health. Monitoring these changes will help us preserve your sight as long as possible. Call \_\_\_\_\_ if you experience vision changes in either eye.

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**Follow-up Visit Date**