

# AMD Center of Excellence<sup>®</sup>

## Wellness Model



**Patient age 50 or older presents for Comprehensive Eye Exam**



### Pre-exam Testing for AMD

Add AdaptDx Pro<sup>®</sup> Rapid Test (~5-10 minutes) to your standard pre-test routine



YES

**AdaptDx<sup>®</sup>**  
**PRO**



### Clinical Exam

Review Rod Intercept<sup>™</sup> (RI<sup>™</sup>) during comprehensive eye exam



#### RI < 6.5

No additional treatment required for AMD

Repeat imaging & AdaptDx Pro Rapid Test annually

#### RI ≥ 6.5

Schedule medical office visit to evaluate for advanced AMD

Utilize imaging technology & AdaptDx Pro Extended Test

### DECISION POINTS

What percent of your patients are over 50? \_\_\_\_\_%

Do you want to test every patient over 50? \_\_\_\_\_

If not, which age group? \_\_\_\_\_

Where will the testing be done?  
\_\_\_\_\_

Who will administer the test?  
\_\_\_\_\_

How many tests can be performed per day? \_\_\_\_\_

Will you ask patients to arrive 10 minutes earlier?  
\_\_\_\_\_

Will there be a fee for the test? \_\_\_\_\_

If RI ≥ 6.5 when will you reschedule patient for Extended Test?  
\_\_\_\_\_

Will you perform imaging on patient? \_\_\_\_\_

Will you prescribe nutraceuticals? \_\_\_\_\_

Will you recommend protective lenses? \_\_\_\_\_

# AMD Staging, Treatment and Management Guidelines

	Subclinical AMD	Early AMD	Intermediate AMD	Advanced AMD
<b>Functional Testing (Average Rod Intercept<sup>1</sup>)</b>	<b>RI <math>\geq</math> 6.5</b> The diagnostic specificity and sensitivity of the 6.5 minute cut-point for the presence of AMD is greater than 90%	<b>12.9</b> (+/- 6.1)	<b>16.6</b> (+/- 5.2)	<b>19.0</b> (+/- 4.5)
<p>Dark adaptation speed is correlated with disease severity. The AdaptDx Pro Extended Test is a useful aid for staging AMD severity based on these average RI times.</p>				
<b>Structural Imaging</b>	<ul style="list-style-type: none"> <li>No drusen or small drusen <math>\leq</math> 63 Qm</li> <li>No pigmentary abnormalities</li> </ul>	<ul style="list-style-type: none"> <li>Medium drusen <math>&gt;</math> 63 Qm and <math>\leq</math> 125 Qm</li> <li>No pigmentary abnormalities</li> </ul>	<ul style="list-style-type: none"> <li>1 large druse <math>&gt;</math> 125 Qm and/or</li> <li>Pigmentary abnormalities</li> </ul>	<ul style="list-style-type: none"> <li>Geographic atrophy (GA) or</li> <li>Choroidal neovascularization (CNV)</li> </ul>
<b>Treatment Guidelines<sup>2</sup></b>	<ul style="list-style-type: none"> <li>Prescribe smoking cessation program</li> <li>Prescribe nutritional supplementation</li> <li>Discuss lifestyle modifications with respect to diet and exercise</li> <li>Discuss systemic disease management</li> <li>Prescribe blue light protection</li> <li>Prescribe UVA and UVB protection</li> </ul>	<ul style="list-style-type: none"> <li>Monitor smoking cessation compliance</li> <li>Monitor nutritional supplementation</li> <li>Review diet and exercise regimen</li> <li>Partner with primary care provider on systemic disease management</li> <li>Check blue light protection</li> <li>Reinforce UVA and UVB protection</li> </ul>	<ul style="list-style-type: none"> <li>Monitor smoking cessation compliance</li> <li>Review vitamin and supplement recommendations</li> <li>Discuss diet and exercise regimen</li> <li>Manage systemic diseases with primary care provider</li> <li>Re-evaluate optical protection</li> </ul>	<ul style="list-style-type: none"> <li>Low vision rehabilitation for GA</li> <li>Anti-VEGF injections for CNV</li> </ul>
<b>Frequency of Exams</b>	<b>Every 6-12 months</b> to monitor for rapid progression with clinical exam, imaging and dark adaptation testing	<b>Every 6 months</b> to monitor for rapid progression with clinical exam, imaging and dark adaptation testing	<b>Every 3-6 months</b> to monitor for CNV with clinical exam, imaging and dark adaptation testing	Refer to retina specialist at first sign of CNV or GA

1. Jackson, G. R., Scott, I. U., Kim, I. K., Quillen, D. A., Iannaccone, A., & Edwards, J. G. (2014). Diagnostic Sensitivity and Specificity of Dark Adaptometry for detection of Age-Related Macular Degeneration. Investigative Ophthalmology & Visual Science, 55, 1427-1431.  
 2. Practical Guidelines for the Treatment of AMD, published as a supplement to Review of Optometry in October, 2017