

# Age Related Macular Degeneration Risk Factors & Visual Performance Assessment

Name \_\_\_\_\_

DOB \_\_\_\_\_ Age \_\_\_\_\_ Exam Date \_\_\_\_\_

## AMD Risk Factors

*(Please check all that apply)*

- Age (over 50)
- Family history of macular degeneration
- Low macular pigment
- Smoker (current or prior)
- Cardiovascular disease
- Light colored eyes
- Caucasian
- Female
- Overweight

## Visual Performance Challenges

*(Please check all that apply)*

- Night driving difficulty
- Discomfort due to glare, night or day
- Sensitivity to bright light
- Difficulty seeing objects against their background (contrast sensitivity)

FOR OFFICE USE

### PATIENT RISK DETERMINATION

# of AMD Risk Factors \_\_\_\_\_

# of Visual Performance Factors \_\_\_\_\_

MPOD Score \_\_\_\_\_ L / R

<.50

Lower Range

>.50

Higher Range

**Age-Related Macular Degeneration (AMD)** is the leading cause of vision loss in adults, currently affecting more than 15 million Americans. Its effects may be permanent and irreversible however you can reduce your risk. Consuming adequate quantities of dietary nutrients that support eye health on a regular basis has been demonstrated to reduce risk. Patients not routinely consuming these nutrients may supplement their diet with vitamins formulated specifically for eye health. Our doctors strongly recommend the QuantifEye® macular pigment optical density (MPOD) measurement to determine the density of the pigment in your macula. These pigments protect your visual cells and their density can be increased in most people. The measurement is not covered by insurance however it is available for a nominal fee and our doctor feels it is very important.

**Visual Performance Challenges** may be related to low MPOD. Routinely consuming adequate quantities of **zeaxanthin** and **lutein** has been scientifically demonstrated to increase MPOD, thereby improving visual performance factors such as glare recovery time, decreased bright light sensitivity, improved contrast sensitivity, and improved visual acuity (ability to read more letters and lines on an eye chart). Many also report an improved ability and confidence to drive at night after increasing their MPOD. Scientific evidence suggests macular pigment density may also be important for optimal visual performance in athletes, shooters, military personnel, commercial pilots, truck drivers, etc.

**QuantifEye MPOD Test:** Accept \_\_\_\_ Decline \_\_\_\_