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## **Frequently Asked Questions About Age-Related Macular Degeneration**

### **What is age-related macular degeneration (AMD)?**

AMD is a disease that affects the macular area. This area is located in the retina and is responsible for central vision.

### **What are the causes of AMD?**

The causes of AMD are not clearly defined. However, certain factors have been found to increase the risk of developing it:

- The age is usually over 65 years.
- Gender more frequent in women.
- A positive family history, without necessarily being inherited.
- Smoking.
- Chronic exposure to sunlight and UV radiation.
- Nutritionists mainly diet poor in fruits and vegetables.

### **What are the symptoms of AMD?**

Early symptoms usually have difficulty distinguishing details.

Small letters in texts begin to look unclear even with the use of glasses and straight lines may appear distorted or wavy. There may also be sensitivity to glare. These can be observed by either one or the two eyes to varying degrees.

In advanced stages, central vision is significantly reduced to the point where the patient has a 'central' vision gap. Even large objects are difficult to distinguish.

It is important to note that the AMD, even in the final stage, does not cause complete blindness as the peripheral vision remains to some extent. However, central vision is so affected that the quality of life of the patient is significantly reduced.

Also throughout the course the disease is completely painless. It is completely painless.





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### **What kinds of AMDs are there?**

AMD can occur in two forms, "dry" and "wet".

- Dry form is the most common. It develops slowly and causes a gradual decrease in vision over the years. Eventually it causes marked atrophy in the macular area with a significant decrease in central vision usually in both eyes.

In some cases the dry form may move to liquid.

- Liquid form constitutes about 20% of cases. In this case the macular cells do not function normally resulting in the formation of pathological leaky vessels. It thus accumulates fluid and blood beneath the macula, thereby reducing central vision. This process takes place relatively soon within a few weeks or months.

### **Is there a cure for AMD?**

For AMD fluid the modern treatment is intravenous infusion anti-angiogenic factors (anti-VEGF). These factors inhibit the formation of abnormal vessels and reverse the damage to the macula by improving vision.

They are injected into the vitreous at the back of the eye.

There is no effective treatment for dry form. The main objective here is to regulate certain aggravating factors such as smoking cessation, special dietary supplements (vitamins A, C, E, zinc) and diet change. The above are mainly condoms and are intended to maintain macular health.

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The ophthalmic clinic has an OCT to diagnose and monitor macular degeneration.

Ophthalmologist Theodore Lalias has been trained for many years in intravenous injections.