

**AMDF**

American  
Macular  
Degeneration  
Foundation

Saving sight through research and education



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# Macular Degeneration

## “10 Questions” to Ask Your Doctor

Learning you have macular degeneration can be a shock. The best thing to do now is arm yourself with the facts, and your doctor is your best ally.

Here are a few important questions that you should ask your doctor if you are diagnosed with macular degeneration.

Do I have “wet” or “dry” macular degeneration? Does it affect both eyes? \_\_\_\_\_

What stage is it in, early, intermediate, or advanced? \_\_\_\_\_

What is the likelihood that my AMD will progress? \_\_\_\_\_

What are my treatment options? Do they include injections and are there new studies of other treatments? \_\_\_\_\_

Can diet, exercise, supplements and other lifestyle changes help slow the progression of macular degeneration? \_\_\_\_\_

Are my children and siblings at risk? Should they be examined? \_\_\_\_\_

What can I do to stay independent? What should I tell my family? \_\_\_\_\_

How often do I need to get checkups? \_\_\_\_\_

Can you recommend a retinal or macular degeneration specialist, a vision rehabilitation center, and support groups? \_\_\_\_\_

Am I legally blind? Should I register with the Commission for the Blind? \_\_\_\_\_

