

Age-Related Macular Degeneration & Visual Performance Assessment

Name _____ DOB ___/___/___ Age ___ Exam Date ___/___/___

AMD Risk Factors *(Please check all that apply)*

Uncontrollable Factors

- Age (over 50) Female
- Family History of Macular Degeneration
- Caucasian Light Colored Eyes
- Farsighted Elevated C-reactive protein

Controllable Factors

- Smoker (current? ___ pack / day)
(former? # years? ___ Quit year? _____)
- Overweight (Height _____ Weight _____)
- Lack of exercise
- Less than 5 - 9 servings of fruits & veggies/day
- High Blood Pressure (poorly or uncontrolled)
- Cardiovasc Disease (poorly or uncontrolled)
- Diabetes (poorly or uncontrolled)
- Elevated lipid levels and cholesterol
- Using a "statin" drug to control your cholesterol
- Never or rarely wear sunglasses
- Outdoor occupation / activities (___ hrs / day)
- Use of blue light emitting devices (___ hrs / day)
(smartphone, tablet, computer, flat-screen TV)

Visual Performance Challenges

(Please check all that apply)

- Night driving difficulties (Vision Glare)
- Sensitivity to bright light (Day Night)
- Difficulty seeing objects against their background
(poor contrast sensitivity)

of AMD Risk Factors _____

of Visual Performance Factors _____

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.

Dr. Fenimore strongly recommends the **QuantifEye®** macular pigment optical density (MPOD) measurement to determine the density of the pigment in your macula. These pigments protect your visual cells (cones and rods), and the pigment density can be increased in most people. The measurement is not covered by insurance. However, Dr. Fenimore feels it is very important. *The fee for this test and Dr. Fenimore's time to review it with you is \$10.*

Visual Performance Challenges may be related to low MPOD. Routinely consuming adequate quantities of zeaxanthin & 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 (your ability to read more letters 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.

- Yes, I want this test No, I decline
- Baseline OD / OS w/Rx or w/o Rx
- MPOD measurement: _____
- Recommendations: Start supplement
- Restore® DVS® Zeaxanth+Lutein®
- AREDS 2 Zinc Free® Zeaxanthin®
- _____ capsules per day w/ a meal
- Continue current supplement
- No supplement required at this time
- Declines supplement initiation / change
- Retest in _____ months