

IN THE UK ALONE OVER 500,000 ADULTS NOW SUFFER FROM AMD

Age-related Macular Degeneration (AMD) results in the loss of central vision and affects reading, watching television, driving and very much more. There is no cure for AMD but a recent technical breakthrough means that it could identify those people that might be more at risk of developing AMD in their later years. We have installed this technology within our group and we strongly recommend AMD testing for all adults. Sensible lifestyle changes, coupled with special vitamin supplements, are known to decelerate the impact of AMD.

IMPORTANT: If you are in an established high risk category such as family history of AMD, middle aged, obese, poor diet or a heavy smoker, it is important that you are tested for AMD. As with any eye disorder, early diagnosis is the key and the sooner we know, the more we can do to help you.

At *Martyn Kemp Opticians* we now have a Macuscope, which is a revolutionary ophthalmic instrument for measuring the thickness of the pigment that protects the macula, at the back of the eye. Every adult in Sheffield should take an interest in our new piece of equipment because it can predict if a person is likely to be more at risk of developing AMD in middle or old age. The macula is that part of the eye that gives us clear central vision. Macular degeneration is when cells of the macula become damaged by prolonged exposure to ultra-violet or blue light, or by a person's heavy smoking. It is the most common cause of irreversible blindness in the over 50s, with over half a million sufferers in the UK. Their central vision is lost, and they are unable to drive, read or watch TV.

An Irish doctor has done research into macular pigmentation, and says that people with low levels might be more at risk of developing AMD. He found that pigment levels in children of AMD sufferers were lower than average. Here's how to see if your sight is at risk. Check when our Macuscope is at your nearest *Martyn Kemp Opticians* practice, and then either book a full eye examination or call in and have your pigment levels checked. You don't even have to be one of our patients to take advantage of the check-up, but we but hope you will become one afterwards. The procedure costs £7.50, and takes only a few minutes. If your pigment levels read "low" you can boost it by eating lots of spinach and other dark green-leafed vegetables that contain lutein. This should enhance your macular pigment.

If you already eat a healthy diet, you can take a supplement called *Macushield* - the only supplement we know that contains the three nutrients/antioxidants that the macular pigment needs: lutein, zeaxanthin and meso-zeaxanthin. It is only available via opticians. Buy six months' worth, and we'll measure your macular pigment again at no extra charge; and will keep checking it at regular intervals. The speed at which the pigment levels increase varies from person to person.

For additional information see also:

www.macuscope.com

www.macushield.com