

EYE HEALTH CHECKLIST



Macular
Disease
Foundation
AUSTRALIA

Although you can't change your family history or your age, the following simple practices can help optimise your macular health and reduce your risk of vision loss:

- have regular eye examinations, including a check of the macula
- don't smoke
- live a healthy lifestyle, control weight, and exercise regularly
- eat fish two to three times a week, dark green leafy vegetables and fresh fruit daily, and a handful of nuts a week, and limit your consumption of fats and oils
- choose low glycemic index (GI) carbohydrates instead of high GI whenever possible
- in consultation with your doctor, consider taking a dietary supplement if food intake is inadequate
- ask your eye health professional if AREDS2 supplements are appropriate for you
- use adequate protection for your eyes from the sun
- use an Amsler grid regularly to check for changes in your vision

Please note: Any changes in diet or lifestyle should be undertaken in consultation with your doctor.



National Helpline

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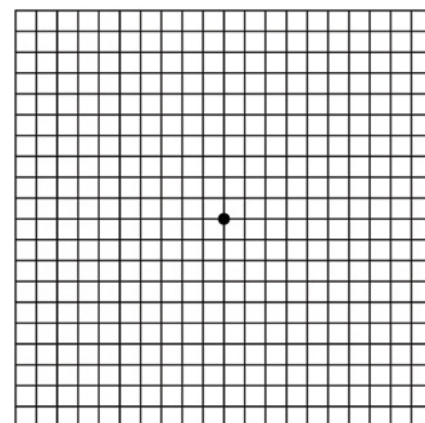
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Amsler grid

An Amsler grid should be used regularly to test for changes in your vision.



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