

# Tips for Living with AMD



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Age-related macular degeneration (AMD) not only affects your vision, but it can also cause major changes in your lifestyle.

Prescription glasses alone may not suffice, if you have AMD. Rooms may look darker and a dark spot in the center of your vision may make it difficult for you to see clearly.

There are many things you can do to make your daily life easier even if you have lost much of your sight to AMD.

## Make Things Brighter

Many people with AMD see better in bright light. Try painting rooms and ceilings white to add extra brightness. Pull back curtains or buy sheers to allow more sun into the room.

## Choose the Right Light

When reading, sewing or doing other tasks that use close vision, install a light that can be directed onto the work area. To reduce glare, make sure the light source doesn't shine directly in your eyes. Add extra clip lights or spotlights around dark areas of your house. While cooking, make sure there is enough light around the stove.

If you are sensitive to light and glare, use diffusers in your lamps or buy lamp shades that totally hide the light bulb.

## Use Low-Vision Aids

- > Magnifying lenses or special glasses
- > Telescopic lenses
- > Closed-circuit TVs
- > Computers with large screens
- > Large-print books and magazines
- > Talking books on CDs, cassettes



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