

# A general view of understanding Macular degeneration or age-related macular degeneration (AMD or ARMD)

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## INTRODUCTION

**M**acular Degeneration (AMD or ARMD), is a medical condition which may result in blurred or no vision in the center of the visual field. Early on there are often no symptoms. Over time, however, some people experience a gradual worsening of vision that may affect one or both eyes. While it does not result in complete blindness, loss of central vision can make it hard to recognize faces, drive, read, or perform other activities of daily life. Visual hallucinations may also occur but these do not represent a mental illness.

Macular degeneration typically occurs in older people. Genetic factors and smoking also play a role. It is due to damage to the macula of the retina. Diagnosis is by a complete eye exam. The severity is divided into early, intermediate, and late types. The late type is additionally divided into "dry" and "wet" forms with the dry form making up ninety percentages of cases.

## METHOD

Preventive efforts include exercising, eating well, and not smoking. There is no cure or treatment that returns vision already lost. In the wet form, anti-VEGF medication injected into the eye or less commonly laser coagulation or photodynamic therapy may slow worsening. Antioxidant vitamins and minerals do not appear to be useful for prevention. However, dietary supplements may slow the progression in those who already have the disease.

In 2015 it affected six point two million people globally. In 2013 it was the fourth most common cause of blindness after cataracts, preterm birth, and glaucoma. It most commonly occurs in people over the age of fifty and in the United States is the most common cause of vision loss in this age group. About 0.4percentage of people between fifty and sixty have the disease, while it occurs in zero point seven percentage of people sixty to seventy , two point three percentage of those seventy to eighty , and nearly twelve percentage of people over eighty years old.

## Signs and symptoms of macular degeneration include

Visual symptoms

- **Distorted vision** in the form of **metamorphosis**, in which a grid of straight lines appears wavy and parts of the grid may appear blank: Patients often first notice this when looking at things like miniblinds in their home or telephone poles while driving. There may also be central **scotia's**, shadows or missing areas of vision
- Slow recovery of visual function after exposure to bright light (**photo stress test**)
- Visual acuity drastically decreasing (two levels or more), e.g.: twenty/twenty to twenty /eighty
- Blurred vision: Those with no exudative macular degeneration may be asymptomatic or notice a gradual loss of central vision, whereas those

with exudative macular degeneration often notice a rapid onset of vision loss (often caused by leakage and bleeding of abnormal blood vessels).

- Trouble discerning colours, specifically dark ones from dark ones and light ones from light ones
- A loss in **contrast sensitivity**
- Formed visual hallucinations and flashing lights have also been associated with severe visual loss secondary to wet AMD

Macular degeneration by itself will not lead to total blindness. For that matter, only a small number of people with visual impairment are totally blind. In almost all cases, some vision remains, mainly peripheral. Other complicating conditions may lead to such an acute condition (severe stroke or trauma, untreated **glaucoma**, etc.), but few macular degeneration patients experience total visual loss.

The area of the macula comprises only about two point one percentage of the retina, and the remaining ninety seven point nine percentages (the peripheral field) remains unaffected by the disease. Even though the macula provides such a small fraction of the visual field, almost half of the visual cortex is devoted to processing macular information

The loss of central vision profoundly affects visual functioning. It is quite difficult, for example, to read without central vision. Pictures that attempt to depict the central visual loss of macular degeneration with a black spot do not do justice to the devastating nature of the visual loss. This can be demonstrated by printing letters six inches high on a piece of paper and attempting to identify them while looking straight ahead and holding the paper slightly to the side. Most people find this difficult to do.

## CONCLUSION

In addition, people with dry macular degeneration often do not experience any symptoms but can experience gradual onset of blurry vision in one or both eyes. People with wet macular degeneration may experience acute onset of visual symptoms.

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