

Importance of macular pigments

Age-related macular degeneration (AMD) is the leading cause of incurable blindness. It results in central vision loss, leaving sufferers unable to read, drive or see faces of their loved ones.

Everyone will get AMD, if they live long enough.

You can reduce your risk of AMD
by making simple lifestyle
choices.

**For more
information**

visit:

www.azuloptics.com

www.macularsociety.org

www.macular.org/ultra-violet-and-blue-light



MP-eye Patient Advice

MP-eye assesses macular pigments, which are your eyes' natural protection against dangerous high energy visible (violet/blue) light.

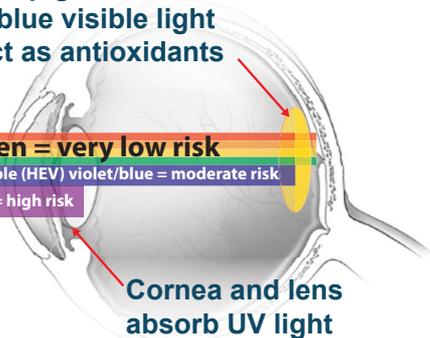
If your macular pigments are low, you can take actions to protect your eyes and improve your natural protection.

How well protected are your eyes?

Macular pigments protect the retina

Macular pigments absorb violet/blue visible light and act as antioxidants

red to green = very low risk
high energy visible (HEV) violet/blue = moderate risk
ultraviolet (UV) = high risk

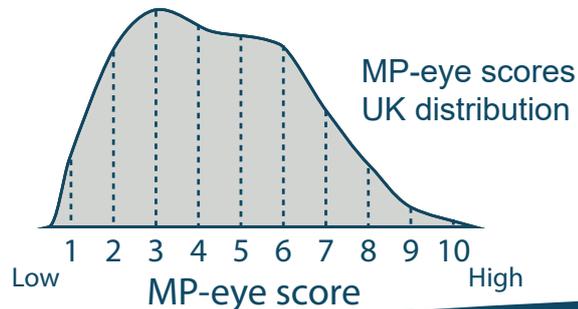
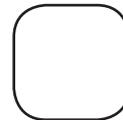


Cornea and lens absorb UV light

The International Standards Organisation (ISO) identified the aphakic risk hazard function and recognises UV and HEV (violet/blue) light as dangerous.

What is your number?

Assessment date: _____



1 2 3 4 5 6 7 8 9 10
Low MP-eye score High

What to do if your macular pigments are low

Reduce exposure



Violet/blue (high energy visible) light damages the retina, so reducing exposure by wearing a hat, sunglasses, tinted lenses and reducing time in bright light can protect your vision.

Improve protection



Macular pigments come from your diet. Increase levels by eating more dark and brightly coloured fruits and vegetables, or taking macular pigment supplements.

Quit smoking



Toxins from cigarette smoke reduce macular pigment levels, and damage the retina leading to age-related macular degeneration (AMD).

Get fit/lose weight



Your body stores macular pigments in bodyfat, therefore, the less fat you have the more pigments that will reach your eyes.