

# Dry Age Related Macular Degeneration

## Patient Information

Ophthalmology Service

Author ID: KW  
Leaflet Number: Ophth 016  
Version: 4  
Name of Leaflet: Dry Age Related Macular Degeneration  
Last reviewed: August 2020  
Next review date: August 2022



## **What is Dry Age Related Macular Degeneration?**

Age related macular degeneration (AMD) is a painless eye condition that generally leads to the gradual loss of central vision. Central vision is used to see what is directly in front of you. In AMD, your central vision becomes increasingly blurred, leading to symptoms such as:

- Difficulty reading because the text appears blurry
- Colours appearing less vibrant
- Difficulty recognising peoples' faces

AMD usually affects both eyes but the speed at which it progresses can vary from eye to eye.

AMD does not affect the peripheral vision (outer vision), which means it will not cause complete blindness.

## **Is there any treatment for Dry Age Related Macular Degeneration?**

No there is no medical treatment for Age Related macular degeneration: there is, however, plenty of non-medical support & aids to minimise the impact that this will have on you.

## **What is Wet Macular Degeneration?**

This is a more aggressive form. Abnormal blood vessels grow in the retina. These leak and scar the macular causing distortion and rapid loss of central vision. Treatment is available for this type of Age Related Macular Degeneration but early detection is important.

## What are the Symptoms of Wet Age Related Macular Degeneration?

Sometimes Dry Aged Related Macular Degeneration can turn into the wet type.

If you experience:

- Increased distortion
- A sudden loss or change of vision
- A sudden “blob” in the centre of your vision

**Please contact your local optician for advice.**

## Should I still visit my Optician?

Yes. Although at certain stages of this condition, changing your glasses may not improve your vision it is still essential to visit your optician on an annual basis. This will allow them to monitor the overall health of your eye to maximise the vision that you do have. They will monitor for other conditions such as Cataract and Glaucoma which, if left untreated, may cause your vision to deteriorate further. Your optician will be able to monitor any changes to your vision and refer you to a specialist if necessary.

## Experiencing difficulties

Should you start having difficulty with everyday tasks such as reading, writing, shopping, getting out and about, and undertaking hobbies and interests, there are many people out there who can provide help to enable you to continue doing this.

## **Sight Loss Support Advisor 01942 773229**

Is Based at Boston House Eye Unit, a first point of contact, to discuss your diagnosis, provide practical and emotional support and to refer you to other services and organisations that may be of benefit to you. Please leave a message and someone will get back to you.

## **Wigan Council Sensory Team - 01942 828787**

They can provide aids to help you around the home along with advice and training to enable you to keep doing what you want to do.

## **Macular Society - Helpline 0300 3030 111**

The society provides information and support, so that no one has to face macular disease alone. There is a helpline as well as befriending and counselling services and offers one-to-one training in skills to make the best use of remaining vision. All services are free to anyone who needs them.

The Macular Society runs a local support group which meets on the first Wednesday of every month. Please contact Carole Miles on **01257 401834**.

## **RNIB - Helpline 0303 123 9999**

They offer an immediate, expert and confidential service:

- Will put you in touch with specialist advice services
- Give you details of support groups and services in your area.
- And can also provide you with free information on: eye conditions; making the most of your remaining vision; magnifiers; lighting; registering as blind or partially sighted; benefits and your rights; living with sight loss.

**If you are concerned about your vision please contact your Optician or your GP.**

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals  
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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:



1. What are my options?
  2. What are the pros and cons of each option for me?
  3. How do I get support to help me make a decision that is right for me?
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## How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website:

[https://www.wwl.nhs.uk/patient\\_information/leaflets/](https://www.wwl.nhs.uk/patient_information/leaflets/)

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This leaflet is also available in audio, large print, Braille and other languages upon request.

For more information please ask in the department/ward.

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**when it's less  
urgent than 999**