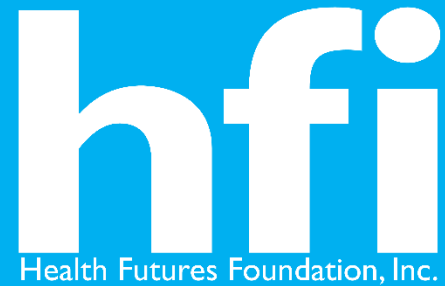


DRY MACULAR DEGENERATION

Supportive Management

- Have a healthy diet. Eat a variety of vegetables and fruits as they are rich in antioxidants –substances that are protective for age-related macular degeneration. Eat vegetables rich in zeaxanthin and lutein (see list below). Also eat food rich in zinc such as beef, pork, cheese, whole-wheat bread, and milk. To reduce the risk of the disease advancing, include omega-3-rich food in the diet. This includes sardines, tuna, anchovies, salmon, as well as walnuts.
- Maintain a healthy weight. Calculate body mass index (BMI) and see if it's within normal range (18.5 to 24.99). If BMI is greater than 24.99, take steps to reduce weight. Lose weight gradually, around 0.5 – 1 kg per week.
- Exercise regularly.
 - Do exercises at least 30 minutes a day. Even brisk walking is a good exercise. Do brisk walking at least 30 minutes a day and 5 times a week.
 - Do physical activities that you enjoy (e.g. swimming, badminton, basketball, cycling, jogging). Make exercises a pleasant experience by tagging along friends and family.
- Quit smoking.
- Use a pair of eyeglasses or contact lenses with prescription that is most accurate.
- Have better lighting at home. Turn on lights or add more lights to improve vision.
- Use a magnifying glass to be able to read better.
- Use sunglasses that are anti-glare or those that block ultraviolet (UV) rays.
- Wear sunglasses and wide-brimmed hat or visor to reduce glare from sunlight.
- Manage underlying health conditions that are associated with development of dry macular degeneration (e.g. hypertension and other cardiovascular diseases).
- Have routine eye check-ups for monitoring of the disease progression. At the same time, this allows for timely intervention and prevents further loss of vision.



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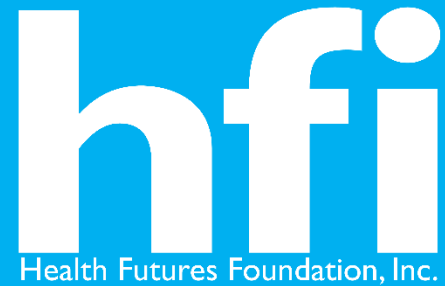
DRY MACULAR DEGENERATION

Herbal Medicine

- **Anti-oxidant-rich foods**

- For prevention or slowing down of progression of macular degeneration; for promotion of eye health
- Consume varieties of fruits and vegetables. Consume by eating liberally or by including in cooked meals.
 - Lutein-rich foods: mango, carrots, corn, dark leafy vegetables, sweet potatoes, squash
 - Zeaxanthin-rich foods: orange, corn, orange bell pepper, honeydew melon
 - Vitamin-A-(Beta-carotene)-rich foods: dark leafy vegetables, sweet potatoes, carrots
 - Vitamin-C-rich foods: citrus fruits (calamansi, orange, orange, grapes, lemon), broccoli, tomatoes, berries
 - Vitamin-E-rich foods: avocado, sweet potato, almonds, spinach, pumpkin seeds, sesame seeds, broccoli, papaya
 - Zinc-rich foods: spinach, kidney beans, pumpkin seeds, watermelon seeds

Consult doctor for appropriate diagnosis and management (e.g. vitamin supplementation, prevention of wet macular degeneration).



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