

Maximising time with your eye specialist

Wet age-related macular degeneration (AMD) is a long-term, degenerative disease that can cause changes in vision, often experienced as gaps or dark spots in the centre of a person's sight¹. In wet AMD, abnormal blood vessels leak fluid and blood in the back of the eye that can permanently scar the macula². Although there is no cure for wet AMD³, regular monitoring of fluid and blood in the back of the eye and consistent treatment could slow the progression of the disease^{3,4}.

Every person's journey with wet AMD is different, so it's important to have the right information at the right time to help you better manage the disease and maintain your independence for longer.



This guide contains suggested questions that you may wish to consider in your conversation with your eye specialist at your next physical or virtual appointment. It might be helpful to have a copy of these questions to-hand, along with a pen, so that you can write down the answers.

Your eye specialist can help you learn more about the disease, the treatment options available to you and support you to become confident in monitoring its progression. In these unprecedented times, it is more important than ever to ensure you have the information you need to effectively manage your condition.

Questions to ask your eye specialist during your next appointment

Here are some questions to get you started:

1. What is my treatment plan? Are we on track?
2. How is my wet AMD responding to the treatment so far?
3. What happens if I start experiencing symptoms in my second eye?
4. Are there any changes I should make in my daily activities or diet to better manage my wet AMD?

After your appointment

If you have any questions after your appointment and want to speak to someone other than your eye specialist, you can contact the Macular Society on **0300 3030 111** or at **www.macularsociety.org** for further information and advice.

See *What's Next* is a Novartis disease awareness campaign. It has been developed with the support of the Macular Society.

Notes:



¹ Macular Society. Wet age-related macular degeneration. Available at: <https://www.macularsociety.org/wet-amd>. Last accessed February 2021. ² Kim R. Introduction, mechanism of action and rationale for anti-vascular endothelial growth factor drugs in age-related macular degeneration. *Indian J Ophthalmol*. 2007;55(6):413-415. ³ All About Vision. Macular degeneration: Prevention and risk factor reduction. Available at: <https://www.allaboutvision.com/en-gb/conditions/amd-prevention/>. Last accessed February 2021. ⁴ American Academy of Ophthalmology. Anti-VEGF treatments. Available at: <https://www.aao.org/eye-health/drugs/anti-vegf-treatments>. Last accessed February 2021.