

Our mission is to improve the quality of life for those who are visually impaired through awareness, resources and solutions

Dr. Lynne Noon
Diplomate in Low Vision Rehabilitation

Dr. Kay Powell

Macular Degeneration and AREDS II Supplements Macula Risk and Vita Risk

Since 2001, AREDS II vitamin supplements have been strongly recommended for patients with macular degeneration. Studies have shown that the supplements slow the progression of mild and intermediate macular degeneration. Several recent studies show that the efficacy of AREDS II supplements and the progression of macular degeneration may depend on your genetic makeup. (AREDS stands for supplements based on the **Age Related Eye Disease Study**).

Researchers analyzed data from 802 patients. Their analyses showed that variations in two genes known to influence the progression to advanced AMD, powerfully affect an individual's response to the AREDS formulation. Approximately 40% of patients in the study had a 50% reduction in risk of progression from intermediate to advanced AMD, which was double the benefit shown in the 2001 AREDS publication.

However, 15% of patients with a specific combination of genetic risk variants nearly tripled their risk of developing neovascular AMD when treated with the AREDS formulation instead of a placebo. These studies suggest that macular degeneration patients should have genetic testing to determine if they are good candidates for the AREDS II supplements.



Macular Risk is a DNA test intended for patients who have a diagnosis of early or intermediate AMD that will help determine your risk of progression to advanced AMD. **Vita Risk** is a test that helps your eye doctor prescribe the safest and most effective eye vitamin formulation for you based on genetic profile. The test is a non-invasive swab of the inside of your mouth.

If you are interested in learning more about these tests, please talk to your eye doctor. Do not discontinue your current supplements without talking to your eye doctor.

ABLEnow Savings Accounts

ABLEnow savings accounts help individuals with disabilities save money to pay for qualified expenses, without being taxed on the earnings – and in most cases, without losing eligibility for certain means-tested benefit programs. ABLEnow accounts can pay for a variety of expenses related to maintaining the health, independence and quality of life for people with disabilities. The covered expenses include basic living expenses, health and wellness, housing, transportation, education and training and assistive technology.

Benefits of ABLEnow:

Flexible

ABLEnow accounts are designed to be flexible – easy to manage, easy to contribute to, and easy to use. Pay for a range of qualified disability expenses with your ABLEnow Card, available to all account holders at no additional cost.

Tax-Advantaged Savings

Earnings grow free from federal taxes. In addition, some states may offer state tax incentives.

Works With Other Aid

Generally, funds in an ABLEnow account are disregarded when determining eligibility for certain means-tested benefits programs, such as Medicaid and Supplemental Security Income (SSI). For more information go to ABLE-now.com



Visit us on the web at www.ViewFinderLowVision.com

1830 South Alma School Road, Suite 131 • Mesa, Arizona 85210 • 480.924.8755

10001 West Bell Road, Suite 115 • Sun City, Arizona 85351 • 623.583.2800

Our doctors also see patients at several satellite offices throughout the state of Arizona

Please call our toll free number 866.924.8755 or 480.924.8755

to schedule an appointment at one of these offices