

## According to the RNIB:

“Every day 100 people in the UK start to lose their sight. Yet over 50 per cent of sight loss can be avoided.”

The risk of developing macular degeneration increases with age. The disease most often affects people in their sixties and seventies; however, macular degeneration is the most common cause of vision loss in individuals over the age of fifty.

Whilst there is no recognised 'cure' for AMD, recently-developed state of the art technology now allows an optometrist to identify potential sufferers at an early age.

Our optometrists strongly recommend that you have a MPOD screening so that we can benchmark the condition of your macular pigment and be sure you are receiving the highest levels of preventative eye care.



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**C.R. WILLIAMS**  
OPTICIANS LTD

**Macular Pigment Screener MPOD**



Lower the risk of losing sight  
Fighting age related macular degeneration (AMD)

# What is AMD?

**Age-related macular degeneration** is the most common cause of vision loss in people over 50. It is caused by degeneration of the macula, the central and most sensitive part of the retina at the back of the eye.

Macular pigment acts as an antioxidant and protects the retina from the potentially damaging effects of blue light. If the density of the pigment is reduced then the retina is vulnerable and more likely to deteriorate.

Early detection of reduced density and subsequent changes to diet or supplements may improve the ability of the retina to resist long-term degenerative changes.



# What can I do to reduce the risks of AMD?

- Eat foods rich in lutein and zeaxanthin or take supplements.
- Increase intake of fruits and vegetables, especially broccoli and spinach.
- Consuming oily fish, such as tuna more than once per week may also be beneficial.
- Reduce alcohol consumption – alcohol has been shown to deplete antioxidants in the body.
- Stop, or never start, smoking. Smoking very seriously affects your health and vision in later life.
- Eye protection – wear UV-blocking glasses / sunglasses.

## Can I check to see if I have AMD and check my levels of macular pigment?

A quick and simple eye test has been developed using a device called an MPOD. To evaluate the level of macular pigment in the eye. Low macular pigment has been linked to AMD.

## What is an MPOD?

The method for measuring the density of macular pigment in the eye is a scientifically proven technique called heterochromatic flicker photometry.

The MPOD provides a quick and easy-to-understand report. The user simply presses a button in response to the appearance of flickering lights.

## Who should take the test?

Anyone can take the test. The younger a patient starts looking after their eye health the better.

More specifically patients with a genetic link to an AMD sufferer or who fall into one or more of the risk categories – for example smokers and diabetics should consider an early test.

## How often should a person be tested?

Generally the test should be performed yearly with the regular eye examination. However a patient taking supplementation should be tested every six months until their Macular Pigment Density has reached the desired level.

## Frequently asked questions

1. How long does the test take?  
The test typically takes three minutes per eye.
2. Is the test invasive?  
No, you simply look into the unit and press a response button.
3. Should the patient have both eyes tested?  
Normally yes, although statistics show little difference between the densities of both eyes.