

# Download Macular Degeneration A Guide To Help Someone You Love

Macular Degeneration Symptoms Causes and Risk Factors. Macular degeneration forms due to inflammation and damage of interrelated tissues, nerves and cells in the eyes. These include change to the photoreceptors, retinal pigment epithelium (RPE), Bruch's membranes and choriocapillaries (small blood vessels). Tips for Everyday Living. What can managing your Wet Age-Related Macular Degeneration (Wet AMD) look like? Check out these life and health tips to learn how you can help prioritize your vision and overall health and wellness. Are you getting enough of these eye vitamins and foods? If not, you're at greater risk for macular degeneration, cataracts and other eye disorders. Scientists have discovered how blue light from screens on devices such as laptops and smartphones causes blindness, they say. Prolonged exposure to the short-wavelength light triggers toxic ...