

Take the test you can take to your doctor

Are You At Risk For Age-Related Macular Degeneration?

Take the following AMD Risk quiz, and then add up your points according to the instructions below to find out if you are at risk. **To order Sight Defense MV, click here.**

1. When it comes to smoking, I
 - a. Am a nonsmoker.
 - b. Smoke socially.
 - c. Smoke everyday.
2. When considering my weight, I would say that I am
 - a. Appropriate for my age, height, and body frame.
 - b. Am about 5 to 19 pounds overweight.
 - c. Am 20 or more pounds overweight.
3. My age range is
 - a. 31-40.
 - b. 41-50.
 - c. 51 or older.
4. My eyes are
 - a. Dark brown.
 - b. Light brown or hazel.
 - c. blue.
5. As a child or young adult, I was exposed to the sun
 - a. Very rarely or not at all.
 - b. Occasional: road trips or playing outside.
 - c. Everyday.
6. When it comes to exercise, I
 - a. Exercise at least 5 times a week.
 - b. Exercise 2-3 times a week.
 - c. Exercise 1 time a week or less.
7. My diet consists of
 - a. Eating 5 fruits & vegetables daily.
 - b. Eating fruits & vegetables occasionally.
 - c. Eating fruits & vegetables almost never.
8. My dietary intake of fats comes from souces like
 - a. Nuts, fish, olive oil.
 - b. Low-fat, processed foods.
 - c. Margarine, fried foods.
8. My history of diabetes includes:
 - a. I do not have it; it doesn't run in my family.
 - b. It runs in my family; I've never been tested.
 - c. I have been diagnosed with diabetes.
10. My family history of age-related macular degeneration (AMD) includes
 - a. No one in my family has ever had AMD.
 - b. A paternal/maternal relative of mine has AMD.
 - c. Someone in my immediate family has AMD.

Scoring Your Quiz

How to score your quiz:

- For every question you answered "A," give yourself **0 points**
- For every question you answered "B," give yourself **5 points**
- For every question you answered "C," give yourself **10 points**

Results Summary:

The higher your score, the more at risk you are of developing AMD. Take this quiz with you when you visit your eye doctor and discuss the results. Together you and your doctor can help eliminate or reduce your risk factors and discuss ways to decrease your risk of visual loss.

For more information on AMD, please visit:

www.sightdefense.com

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