

But Doctor, I still see well (ARMD)

But Doctor, I still see well. I don't see why I need to reexamine my vision. I renewed my driver's license just 3 months ago, and no one told me I had any problem. Rosario, my wife, insists that I come here because the lines appear "slightly crooked" when I read the newspaper, I suppose I need to readjust my reading glasses.

Despite his complaints, Dr. Recio tests him using the optotype chart and verifies that his visual acuity is normal, but the Amsler grid tool reveals a distortion of the central vision, wherefore he suspects that Ramón has Age-Related Macular Degeneration (ARMD). In addition to arthritis of his knee and his HBP currently under control, this entails an additional risk to Ramon's ability to drive.

ARMD, quality of life and road safety

ARMD is the leading cause of blindness in people over 60 in developed countries, affecting 8 percent of persons over the age of 75, with a slight predominance of women, and the main cause of legal blindness in those over 65.

The symptoms entail a major limitation to one's ability for reading and driving:

- Blurred central vision.
- Distorted lines.
- Failure in calculating distances and heights, entailing difficulty in moving down steps.
- Increasing need for more lighting.
- Increased sensibility when facing glare.
- In the most advanced phases, a black spot appears in the center of one's visual field.

The ideal treatment is early detection, and this is achieved by consulting with a doctor when noticing any alteration of one's vision.

AGE-RELATED MACULAR DEGENERATION (ARMD)

6 prevention measures and road safety



Pay attention

If you can not calculate properly distances, you could suffer an accident.



Wear glasses with yellow lenses

That filter ultraviolet light.



Always read

With proper lighting.



Adapt your driving to your visual ability

And drive in the best conditions of light as possible.



Visit your doctor

When noticing any alteration to your vision to seek a correct diagnosis of your pathology.



Attempt to undergo

An ophthalmological examination annually.