

Mayo Clinic Minute

What you need to know about wet macular degeneration

Video	Audio
	You're getting older and notice you're not seeing as well.
	You try out readers, but everything just seems blurry. And straight lines seem wavy.
	It could be age-related macular degeneration.
00:00:37 DR. SOPHIE BAKRI 01:	"The macula is the center of the retina. The retina is the camera of the eye that receives the light impulses and processes them, and the macula is responsible for the really fine visual acuity, the right precise vision."
	Dr. Sophie Bakri, a Mayo Clinic retina specialist, says there are two kinds of macular degeneration: wet and dry.
00:03:16 DR. SOPHIE BAKRI 01:	"The dry kind usually comes on first."
	Over-the-counter vitamins, a Mediterranean diet and exercise often help prevent further vision loss.
	They can also help prevent wet macular degeneration from developing.
00:07:07 DR. SOPHIE BAKRI 01:	"So the wet type is usually in the later stages when a blood vessel has grown under the retina and is leaking blood or fluid. And the No. 1 goal is to shut down that blood vessel to prevent it bleeding even more and to prevent patients losing more vision."
	Dr. Bakri says that for wet macular degeneration, you'll likely need to see a retina specialist for a treatment plan that includes regular eye injections.
	For the Mayo Clinic News Network, I'm Ian Roth.