



Dr. Herald's Tips To Reduce ARMD Risk:

- Do not smoke, vape, or do drugs
- If you have heart disease, high blood pressure, high cholesterol, or diabetes, please take your meds as directed.
- Try to maintain a healthy weight
- Have a healthy exercise routine at least 30 minutes of cardio (at a challenging level for you) at least 3x a week.
- Eat the Mediterranean diet- mostly veggies, fruits, whole grains, and healthy fats like nuts and olive oil. Your primary meat should be fish, then chicken/white meat. Limit red meat. Limit processed foods.
- Always use polarized sunglasses with a wrapped frame when you are outside. Some ask about transition lenses. Transitions are not polarized, and they might not even be UV blocking. This depends on the lens material. Also, sunlight can still get around the glasses if they are not a wrapped frame.
- Use eye vitamins- the correct vitamin depends on your current eye status. Some are better at slowing down ARMD and some are better at preventing it. We will discuss your options at your appointment
- If you have ARMD, put an Amsler grid on your fridge and check it weekly for changes.
- MOST IMPORTANTLY- GET YOUR EYES CHECKED YEARLY! (Or as often as recommended by your doctor and be sure to keep your follow-up appointments) 😊