

# Ask your doctor if your **dry AMD** could lead to **geographic atrophy (GA)**

GA is a serious condition that causes irreversible vision loss

Use this guide to start the conversation with your doctor and learn about steps you can take to monitor and preserve your vision.

## 1 Understanding GA

It's important to understand where you are in your journey with dry age-related macular degeneration (AMD), and your risk of developing GA. Here are some questions to help start that conversation with your doctor:

- What is GA, and how is it related to dry AMD?
- What are the risk factors for developing GA?
- My family history with dry AMD or GA is \_\_\_\_\_
- Have you seen any signs of GA (or atrophy) when examining my eyes? What stage am I at?
- How quickly can GA progress? How quickly is it progressing for me?

## 2 Recognizing the symptoms early

GA can start to develop with subtle symptoms that slowly interfere with your life, or even **no symptoms at all**. Be on the lookout for subtle changes in your vision and talk to your doctor about them at each visit. **Circle the vision changes** you may be experiencing:



Difficulty seeing in **low light**



Difficulty **driving**



Colours may appear **less vivid**



Struggle with **reading**



**Blurry** or **distorted** vision



Hard time **recognizing faces**



**Gradual loss** of central field of vision



A loss of **central vision**, the straight-ahead vision used to complete everyday tasks

Describe any other symptoms not listed:

# Partner with your doctor to get ahead of GA

## 3 Getting ahead of GA

Work with your doctor to monitor your progress and discuss whether there are steps you can take to preserve your vision:

- How can I continue to monitor my vision to see if my dry AMD is progressing to GA?
- How often should I come in to monitor my progress?
- Is there anything I can do to slow the progression of GA?

## 4 Living with progressive vision loss

Symptoms of dry AMD and GA can impact your daily life. Talk to your doctor about how you can manage it:

- Is there anything I can do at home to help adapt to my vision changes?
- Are there any resources or organizations that could help me?
- Are there communities or support groups for people like me?

Additional thoughts or questions for your doctor:

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The information provided is for educational purposes only and is not intended to replace discussions with a healthcare provider.



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