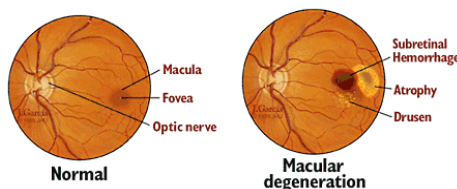


Macular Degeneration

Macular Degeneration, also known as Age Related Macular Degeneration (AMD), is an eye disease that affects the macula, the central part of the retina responsible for sharp, detailed vision used for reading, driving, and recognizing faces. AMD usually develops gradually with age and is one of the leading causes of vision loss in older adults.

AMD mainly affects central vision and can make activities requiring fine detail more difficult. However, it does not typically cause complete blindness because peripheral (side) vision is usually preserved.



Types of Macular Degeneration:

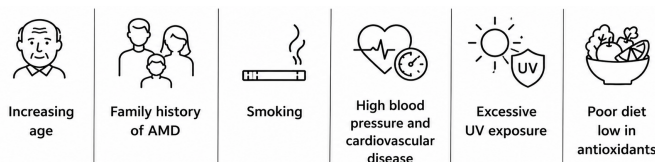
1. Dry AMD (Most Common)

- When the macula gradually becomes thinner over time and small deposits called drusen build up beneath the retina.
- Usually develops slowly over many years.
- Symptoms: Blurred or fuzzy central vision, difficulty reading, needing brighter lighting, trouble recognizing faces, decreased colour contrast.

2. Wet AMD

- When abnormal blood vessels grow beneath the retina and leak fluid or blood, causing rapid damage to the macula.
- Less common but more serious because vision loss can happen quickly.
- Symptoms: Sudden or rapid central vision loss, distorted or wavy vision, dark or blank spots in central vision, difficulty recognizing faces.

Risk Factors:



Treatments Include:

- **Monitoring and Regular Eye Exams:** Early detection is extremely important to monitor progression and begin treatment as early as possible.
- **Nutritional Supplements (AREDS2 Vitamins):** Specific eye vitamins may help slow progression in certain stages of Dry AMD.
- **Anti-VEGF Injections:** Common treatment for Wet AMD that helps reduce abnormal blood vessel growth and leakage inside the retina.
- **Laser or Photodynamic Therapy:** In some cases, laser treatments may be used to help control abnormal blood vessels associated with Wet AMD.
- **Lifestyle Modifications:** Stopping smoking, wearing UV-protective sunglasses, maintaining healthy blood pressure, and eating a diet rich in leafy greens and omega-3 fatty acids may help support retinal health.

Testing May Include Retinal imaging, Optical Coherence Tomography (OCT) scans, Dilated retinal examination, Amsler grid testing, Visual acuity testing

Aruna Light Red Light Therapy

Aruna Light is a **non-invasive red light therapy** that uses specific wavelengths of light to support retinal cell health and improve cellular energy production in the eye. For patients with age-related macular degeneration (AMD), particularly dry AMD, Aruna Light may help support retinal function, reduce oxidative stress, and slow the progression of vision loss.

It is designed to promote healthier retinal cells and may improve visual performance and quality of life as part of a comprehensive AMD management plan.



How To Use Aruna Light:

1. Wear the glasses with eyes closed
2. Turn on the device
3. Relax for 3 minutes
4. Use every other day

Benefits for Aruna Light:

- Supports retinal cell health
- Helps reduce oxidative stress
- Promotes cellular energy production
- May slow disease progression
- Non-invasive and easy to use at home

Some patients may notice improvements in visual function over time, with the best results typically achieved through consistent use as recommended by their eye care provider. Aruna Light is intended to complement regular eye examinations and ongoing macular degeneration management.

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