

Mayo Clinic Minute

What you need to know about dry 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, and when we look in the retina of the dry kind, we see these little rocklike deposits under the retina. Sometimes we see areas of atrophy where the cells are not present or not really working as well."
	For dry macular degeneration, there are over-the-counter vitamins that can help, but mostly Dr. Bakri says a Mediterranean diet and exercise are the best things you can do for symptoms.
	And in many cases, those things can help prevent additional vision loss and help prevent wet macular degeneration from developing.
	For the Mayo Clinic News Network, I'm Ian Roth.