

Patient information

## **Wet Age Related Macular Degeneration (AMD)**

St Paul's Eye Department

### **What is Wet Age Related Macular Degeneration (AMD)?**

Age Related Macular Degeneration (AMD) is a disease of your macula, which is the central part of the light sensitive tissue at the back of your eye called the retina. It can lead to loss of central vision.

Wet AMD occurs when abnormal blood vessels grow in your macula. They can leak and bleed, causing damage to your vision.

**An example of an eye affected with Wet AMD showing haemorrhage (blood).**



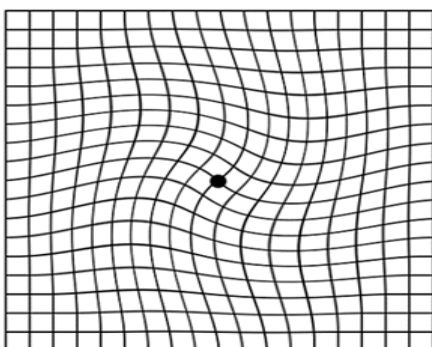
**This is a fluorescein angiogram showing a Wet AMD lesion.**



Macular Degeneration almost never causes someone to go completely blind as it generally affects only the central area of sight, you will still have some vision around the sides (known as peripheral vision). Visual symptoms are various but you may see a blank spot in your central vision as in the below image.



You may also have, blurring and/or distortion of the central vision, as in the distortion seen in the grid below as straight lines can become twisted, this can interfere with reading, watching TV and other important daily activities.



## **Treatments available:**

All treatment options are aimed at stabilization of vision and may not restore centre sight completely.

Some agents are more effective in achieving this aim depending on the type of AMD you have you will be advised of your specific treatment option after the results of your tests.

The specialist will discuss the various options with you, including which would be best suited to your needs and arrangements will be made for you to start treatment as soon as possible.

Current treatment options are explained below:

### **Intravitreal Injections**

This involves injections into the back of your eye, either monthly or six weekly. These are performed after instilling plenty of local anaesthetic eye drops, injections are continued until the wet macular degeneration has dried up and vision is stable.

Risks are small, but include risk of infection, or bleed in the eye or local injuries as a result of the needle. There may also be a slight increased risk of heart attack or stroke.

### **Photodynamic Therapy (PDT)**

This involves three monthly injections of Visudyne drug into the vein in your arm over ten minutes and a red light beam (cold laser beam) shone on the back of the eye for 83 seconds to activate the drug to close off the abnormal and leaking blood vessels which are causing all the damage.

**You will need to stay out of direct sunlight for 48 hours after treatment, if you do go out in daylight during this period it is recommended that you wear:**

- a hat.
- dark sunglasses.
- long-sleeved shirt and trousers.
- socks and shoes.

You should **not** stay in the dark, exposing your skin to indoor light will help inactivate any remaining drug in your system.

## **New studies and treatments**

St. Paul's Clinical Eye Research Centre (CERC) is one of the leading centres in the UK for research and development of new treatments in Wet Macular Degeneration.

We rely very heavily on the good will of our local population in supporting and participating in this research activity which has been excellent.

You may be asked to participate in a study into AMD or a new treatment. Participation means your condition is followed more closely than normal. We would only ask you to participate in a study of a new treatment if we thought it is likely to be at least as good as the best existing treatment.

Your co-operation in participating in such studies would be most appreciated, not just by ourselves but by future patients.

## After your treatment

Once your course of treatment has been completed you will be told that the Wet Macular Degeneration has dried up and your vision should be stable.

If you are having problems with reading or other activities you may be offered a low-vision assessment by our opticians.

They will check your glasses prescription, see which of our low-vision aids (such as telescopes, magnifiers etc.) would be most useful to you, these will be provided to you on a loan basis.



If applicable you may be registered as sight impaired or severely sight impaired depending on your vision.

Further local rehabilitation, help and advice will then be available. You can contact the Support Services Liaison Officer for further information and advice on your particular problems, difficulties and how best to access the appropriate help you may require.

## **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further information**

**St Paul's Emergency Eye Department**

**Royal Liverpool University Hospital**

**Tel: 0151 706 3949**

**Text phone number: 18001 0151 706 3949**

**Bradbury Fields**

**Tel: 0151 221 0888**

**Web: [www.bradburyfields.org.uk](http://www.bradburyfields.org.uk)**

**Email: [info@bradburyfields.org.uk](mailto:info@bradburyfields.org.uk)**

**Eye Clinic Liaison Officer**

**St. Paul's Out-patients department**

**Tel: 0151 706 3995**

**Text phone number: 18001 0151 706 3995**

**Royal National Institute for the Blind (RNIB)**

**Helpline Tel: 0303 123 9999**

**Web: [www.rnib.org.uk](http://www.rnib.org.uk)**

**Email: [helpline@rnib.org.uk](mailto:helpline@rnib.org.uk)**

**Macular Disease Society (MDS)**  
**Tel: 01264 350 551**  
**Helpline Tel: 0845 241 2041**  
**Web: [www.macularisease.org](http://www.macularisease.org)**  
**Email: [info@macularisease.org](mailto:info@macularisease.org)**

**St Paul's Eye Appeal**  
**Royal Liverpool University Hospital**  
**Tel: 0151 706 4291**  
**Web: [www.eyecharity.com](http://www.eyecharity.com)**  
**Email: [info@eyecharity.com](mailto:info@eyecharity.com)**

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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زانیاری پیوهندیدار بهو نمخوشانهی له لایمن تراستهوه پهسهند کراون، نهگهر داوا بکریت له فورماتیکانی تردا بریتی له زمانهکانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دهنگ، هیللی موون و نلنیکترونیکی ههیه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.