



## Eye Monitoring Program

Taking care of your vision

### Welcome to Kaiser Permanente Southern California's Eye Monitoring Program

#### Age-related Macular Degeneration (AMD)

(AMD) is an eye disease that affects the central vision. It occurs when the macula, a part of the retina, is damaged. It may cause either a gradual or a rapid reduction in vision.

There are 2 types of AMD:

- Dry AMD

Dry AMD is the most common and progresses slowly.

- Wet AMD

Wet AMD develops when new blood vessels grow and leak fluid or blood, which can lead to vision loss.

### Frequently Asked Questions

#### Who is at risk?

- Patients that are overweight
- Age-related
- Patients with a family history of AMD

#### What can I do to prevent vision damage?

A well-balanced diet and AREDS Vitamin supplements may slow the progression. Treatment is available but is more effective when the disease is detected earlier.

More information about AREDS: <https://www.aao.org/eye-health/diseases/vitamins-amd>

#### What are the symptoms of AMD?

AMD can cause different symptoms in different people. Early in the disease there may only be blurring of vision.

Significant changes include:

- Words appear to be blurred
- A dark or empty area appears in the center of vision
- Straight lines look distorted, such as wavy

#### Is there anything I can do to manage my disease?

You can check your vision weekly using an Amsler grid. Keep your grid on the front of your refrigerator or your medicine cabinet.

#### Amsler Grid reminders?

The Eye Monitoring Program will send you monthly reminders to check your Amsler grid. You will receive email reminders or phone call reminders to check the Amsler grid, if you are not active in KP.org.



**Call the Eye Monitoring Program at 1-855-878-6404.**

Our staff will be pleased to speak with you, answer your questions, and coordinate a visit if one is needed.



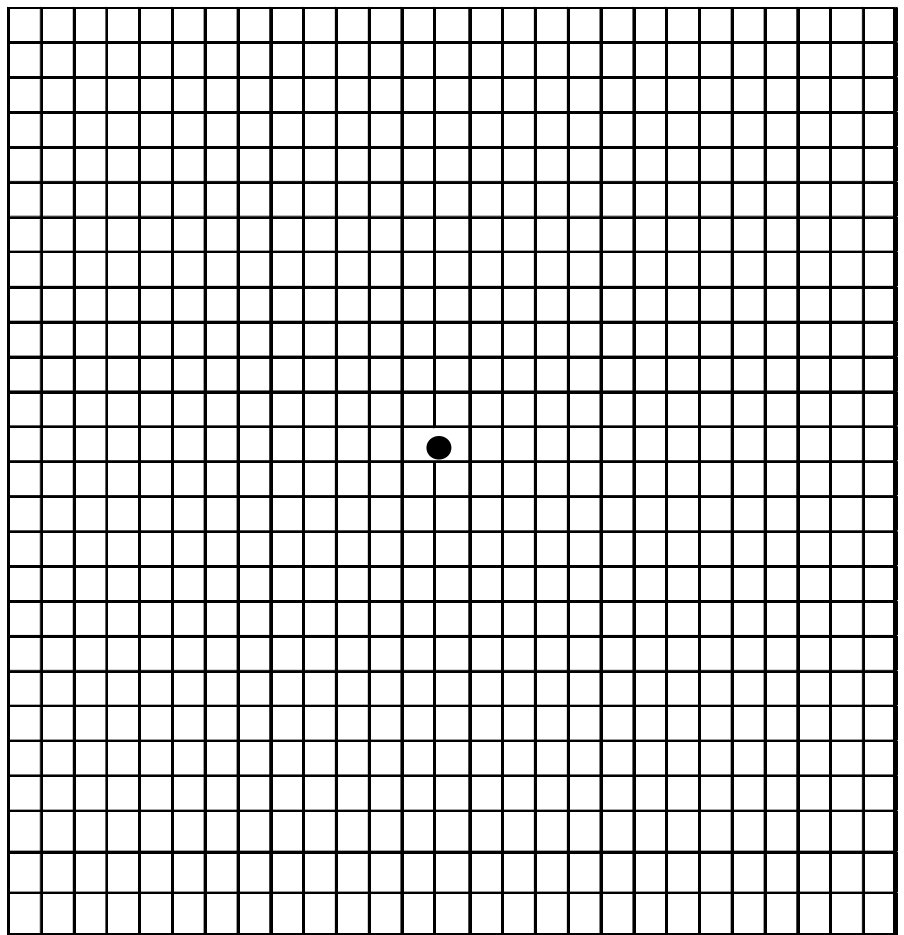


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### Using your Amsler Grid

1. Wear your reading glasses and hold the grid 12 inches away.
2. Cover one eye and look directly at the center dot.
3. While looking directly at the center dot, note whether all lines of the grid are straight or if any areas are distorted, blurred, wavy, or dark.
4. Repeat this procedure with the other eye.
5. If any new area of the grid looks wavy, blurred or dark, and this persists for more than a day, please call the Eye Monitoring Program at 1-855-878-6404.



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<http://bpkconnect.org/eye/>



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#### Checking your Amsler Grid

The Eye Monitoring Program will send you monthly reminders to check your Amsler grid.

If you are active on KP.org, you will receive monthly email reminders.

If KP.org is inactive, you will receive monthly phone call reminders to check the Amsler grid.

#### Eye Monitoring Program Phone Call Guide

##### 1. Have you checked your grid in the last day or two?

Press 1 for YES

Press 2 for NO

If you have not checked your Amsler Grid recently, please take a moment to check it and see if you notice any changes.

##### 2. Was there a change in the Amsler Grid?

Press 1 for YES

Press 2 for NO

If there were no changes, we appreciate that you took the time to check your Amsler Grid. We will continue to check the following month.

If you did notice changes please leave us a detailed message including your Medical Record Number, your name, and the kinds of changes noticed while checking your Amsler Grid. When you're done recording the message, simply hang up. A Kaiser Permanente Representative will follow up with you. Thank you.



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