

R for women

Focus On Eye Health At Menopause [®]

(NAPSA)—One of the main risk factors for eye diseases such as cataracts, glaucoma and macular degeneration is age. But women, especially those who are postmenopausal, have double the chance of developing macular degeneration, the leading cause of blindness in people over 50, compared to men the same age.

Recent findings show that women during their menopausal years and beyond should pay close attention to their eye health.

As women go through menopause, estrogen levels drop, which could be why women are more vulnerable to macular degeneration and cataracts. It has been found that:

- Postmenopausal women who do not undergo estrogen therapy may be at greater risk of developing macular degeneration.
- Women who experience an early onset of menopause are at a greater risk for the disease.

Macular degeneration, also known as age-related macular degeneration or AMD, can affect normal everyday activities like recognizing faces, driving a car, reading, watching television, and identifying currency.

Approximately 25-30 million people worldwide are affected by macular degeneration.

The best way to maintain eye health is to visit your eye doctor annually for an eye exam that tests for diseases such as macular degeneration. Treatment for the wet form of macular degeneration is available, but early detection is the key to saving sight.

For information about macular degeneration, visit www.amdfacts.com or call 1-800-AMD-4636.