

Age-Related Macular Degeneration (AMD) Treatment Plan

Patient Name

AdaptDx® Test Date

Rod Intercept™ (RI) Time

Treatment Recommendation

- Nutritional supplementation _____
- Ultraviolet light protection _____
- Blue light protection _____

Lifestyle Change Recommendation

- Stop smoking immediately
- Exercise regularly to maintain healthy weight/BMI
- Eat Mediterranean diet
- Maintain good cardiovascular health by lowering cholesterol and controlling diabetes
- Use Amsler Grid

Measuring your RI and digitally imaging your retina (macula) every _____ months could detect subtle changes to your macular health. Monitoring these changes will help us preserve your sight as long as possible. Call _____ if you experience vision changes in either eye.

Follow-up Visit Date