

## Geographic Atrophy

### What is this?

This is a type of Age related macular degeneration that falls into the dry type. It is a gradual thinning of the layers of the retina that form geographic shapes eg round shapes, or irregular shapes like the shapes of countries or islands hence the term Geographic Atrophy.

### How does it affect me?

This ranges from very little effect to very blurred vision in the centre of the vision. It only affects the central vision and does not affect ones peripheral site, hence the phrase doctors often use, “You will not go blind”

However it can affect the central vision in some cases very badly if the size of the Geographic Atrophy is very large. The size can vary from a pin head size to several mm in size. Naturally the larger the size the more affect on the vision it has.

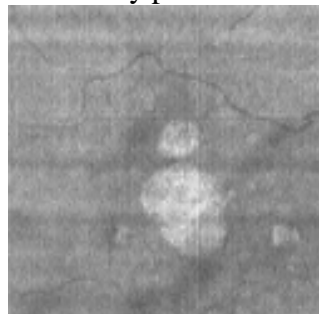
### Does it change? Will my vision get worse?

Unfortunately yes, this condition is progressive and the area of Geographic Atrophy expand at up to 25% per year.

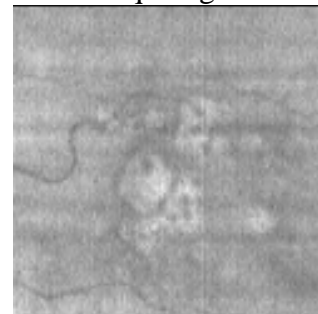
Below are examples of Geographic Atrophy. These are Slab sections from the Mr. Lee’s Cirrus Optical Coherence Tomography. With this technology one can accurately compare Geographic Atrophy from one visit to the next and record any progression.

Example of Geographic Atrophy in the right eye and the left eye

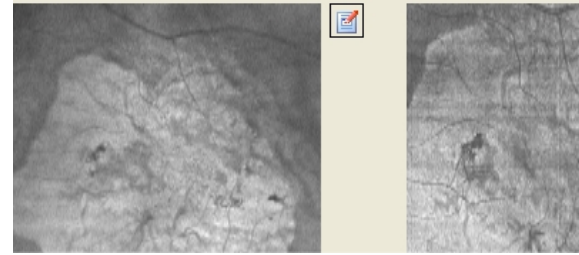
Vision is very poor at less than 6/60



Vision is quite good at 6/18



Here is an example of how Geographic Atrophy has increased over one year. The area has clearly increased by around 25%. This sadly is typical of this condition.



### **Is there any treatment?**

Sadly no. There are treatments in development, the “Kentucky Mice reported in the newspapers in 2011” is an early drug showing promising signs in the experimental mice. There are other drugs that are under going human trials. We await their results.

Essentially what is needed is a drug that will prevent the cell death or Apoptosis at the edges of Geographic Atrophy.

### **Do vitamins help?**

We recommend PreserVision Original Gels, Omega 3 and Lutein for Age related macular degeneration, however the AREDS trial did not show any benefit in Geographic Atrophy. Nevertheless worth taking as it does reduce the risk of wet Age related macular degeneration formation.

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