



My Discussion Guide

At Risk

Use this list of questions to help guide your discussion about AMD with your eye care specialist at your next appointment:

What are my risk factors for developing AMD?

Does my family history of AMD make a difference?

What kinds of tests are done to see if there is a problem?

Can my diet affect my eye health?

Is weight related to my eye health?

Should I be exercising more?

Is it all right for me to be out in the sun?

What lifestyle choices, such as smoking or wearing sunglasses, might make a difference?

Should I be taking Vitalux Healthy Eyes[®]?

www.vitaluxvitamin.ca