

MORE INFORMATION, CONTINUED

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One other on-line resource you may want to check out is the website of The Macular Degeneration Partnership. The address for their website is www.AMD.org. This website offers general information about age-related macular degeneration, as well as a section spotlighting research specific to AMD. They also have a monthly newsletter which you can choose to receive by email, and links to other websites of interest. In addition, the website features reviews of books about AMD, and allows you to request a free AMD Informational Toolkit with an Amsler Grid.








There are also websites available with resources and information regarding treatment options and services available for those who progress to the late stage of AMD. Although most CAPT patients do not progress to this stage, in our next issue of CAPTIONS we will provide information for those of you who may be interested in learning more.

CAPTIONS

Newsletter for Patients in the Complications of
Age-related Macular Degeneration Prevention Trial
Issue Number 11: Volume 7 • July 2004

CAPTIVATED BY NUMBERS

As of June 30th:

-  The CAPT Coordinating Center in Philadelphia had received and data entered **15,330** forms that were completed by the Coordinators at your CAPT visits.
-  The CAPT Photograph Reading Center in Philadelphia had received **7,749** sets of photographs taken during your CAPT visits.
-  CAPT patients completed over **11,350** Visual Acuity tests and Contrast Sensitivity exams during CAPT visits.
-  You also completed over **4,065** Reading tests during your CAPT visits.
-  **994** of you had completed your 36 month CAPT follow-up visit.
-  **599** of you had completed your 48 month follow-up visit.
-  **56** of you had completed your 60 month followup visit.

Thanks to all of you for your outstanding dedication and continued participation!!

EFFECTS OF EARLY AMD

Those diagnosed with Early Age-Related Macular Degeneration (AMD) may experience relatively little loss of visual acuity, which is the measurement of how well you can see at a distance. Your visual acuity is measured at each of your CAPT visits when you are asked to read the charts of black letters that become progressively smaller as you near the bottom of the chart. CAPT patients had good (typically 20/20 or 20/25) visual acuity when they enrolled in CAPT.

Patients with Early AMD may have some mild loss in contrast sensitivity and night vision. When a patient experiences a reduction in contrast sensitivity, it may become more difficult to distinguish objects from their background, especially at night or in low lighting when the contrast of an object against its background tends to be much lower.

Therefore, to get a more comprehensive assessment of your vision, your contrast sensitivity is also measured at

each of your CAPT visits. Your contrast sensitivity is being measured when you are asked to read the charts of same size letters that become progressively lighter until they seem to disappear altogether. In addition, at your initial and

5 year visits you are asked questions about your ease in performing certain activities during the day and at night.

Good lighting in your home can help overcome some of the vision changes that may occur with Early AMD. Sometimes using a brighter light or a different type of bulb can help. You can experiment with different lighting lev-

els and options to see what works best for the task you are performing.

Regardless of whether you have changes in your vision due to AMD, people need more light as they age to perform activities like reading or sewing. Good lighting is also essential for safety and to prevent accidents, especially in darker stairways and hallways.



Good lighting in your home can help overcome some of the vision changes that may occur with Early AMD.

FOR MORE INFORMATION

Our CAPT Clinic Coordinators often tell us how well-informed their CAPT patients are about Age-Related Macular Degeneration (AMD), and how they frequently express interest in learning more. With that in mind, in this article we hope to provide some resources that you may find interesting.

There are many internet websites where you can gain information regarding AMD. One of these is the website of the National Eye Institute, the organization that is funding the CAPT Study. The address of their website is www.nei.nih.gov. When you access this website, you can click on "Health Information" for information on specific eye diseases and disorders, including AMD. You can also find "Tips for Talking to your Doctor" on this page. If you click on the "Clinical Studies Database", you can find information on all of the studies supported by the National Eye Institute, including the CAPT Study. If you do not have internet access, you can request information by calling (301) 496-5348.

Another place where you can obtain information is the website of the Foundation Fighting Blindness (FFB), which can be found at www.blindness.org. On this site you can find information

on vision disorders including AMD, as well as articles describing ongoing research. The FFB website also features a monthly newsletter which you can register to receive by email. In addition, you can request a free packet of materials on subjects of interest to you. Those without internet access can contact the Foundation by calling 800-683-5555.

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Some Useful Sources

National Eye Institute

<http://www.nei.nih.gov>
(301) 496-5348

Foundation Fighting Blindness

<http://www.blindness.org>
(800) 683-5555

Macular Degeneration Partnership

<http://www.AMD.org>