



# My Discussion Guide

## Caregiver

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

Could I be at risk for AMD myself?

Does my family history of AMD make a difference?

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

What's the difference between dry AMD and wet AMD?

How can diet affect eye health?

Is weight an issue with AMD?

Should my loved one (or I) be exercising more?

Is it all right to be out in the sun?

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

For both me and my loved one, could Vitalux<sup>®</sup> eye vitamins help?

[www.vitaluxvitamin.ca](http://www.vitaluxvitamin.ca)