



Protect your gift of sight

TO USE THE AMSLER GRID:

1. Look at the grid as if you're looking at a book, wearing your glasses or contact lenses. Position it approx. 30 cm away from your face.
2. Cover one eye, then focus on the dot in the centre.
3. If any lines appear to be wavy, disappear, or you see dark spots, mark those areas on the chart.
4. Contact your Eye Care Practitioner if any of the above occur or change.
5. Repeat these steps with the other eye.

Knowing the risk factors for Age-Related Macular Degeneration (AMD) may inspire you to make lifestyle changes that can help you manage your risk

Risk Factors^{1,2}

- Non-modifiable risk factors
- Modifiable risk factors



Age



Family History



Light Eye/
Skin Colour



Obesity



High Blood Pressure



Smoking



Diet/
Alcohol



Excessive Sunlight



Ophthalmologists'
No.1
prescribed eye
health
supplement³

RECOMMENDED DOSAGE: 2 capsules daily with a meal

Are you a member of Retina South Africa?

Retina South Africa is a patient driven action group and is the only registered Non-Profit Organisation that is dedicated to fighting blindness in South Africa. With branches in all the major centres in South Africa, Retina SA offers a membership that is open to all patients, family members and persons who wish to support their quest to find treatments for retinal blinding conditions and who seek personal support, education, counselling and referrals.

Contact the national helpline for more information
0860 59 59 59



References: 1. Ambati J, et al. Age-Related Macular Degeneration: Etiology, pathogenesis, and therapeutic strategies. *Surv Ophthalmol* 2003; 48:257-293. 2. Coleman HR, et al. Age-related macular degeneration. *Lancet* 22;372(9652):1835-45. 3. Impact Rx. Script data - June 2018.

Scheduling status: [S0] **Proprietary name and dosage form:** Ocuvite Complete soft gel capsules. **Composition:** Each soft gel capsule contains Fish oil rich in DHA 507,7 mg: of which DHA 180 mg and a total of 300 mg Omega-3, Lutein 5 mg, Zeaxanthin 1 mg, Vitamin C 90 mg, Vitamin E 15 mg, Zinc 7,5 mg.

For full prescribing information, refer to the professional information. Further information is available on request from Bausch + Lomb. © 2017 Bausch & Lomb Incorporated. ®/™ denote trademarks of Bausch & Lomb Incorporated. **Applicant:** Soflens (Pty) Ltd. **Reg. No.:** 1968/011787/07. 254 Hall Street, Centurion. **Tel:** +27 10 025 2100. www.bausch.co.za BL333/18



Test your eyes

between check-ups with the Amsler Grid

