

Macular Drusen

Macular druse are lipofuscin protein deposits...more like waste products...that settle in the retina when the retina is in an unhealthy state. They are most often associated with a "pre-macular degeneration state", although their presence does not guarantee you will get macular degeneration. They form when the "garbage processors" and waste removal cells, the RPE (retinal pigment epithelium) cells, are damaged...most commonly due to free radical induced damage from the ultraviolet light of the sun.

What you need to know: Macular degeneration is the most common cause of central vision loss in Americans over 50 yr. old.

BE PROACTIVE!!

- 1) Wear sunglasses! Black/gray tints, polarized lenses, and wide temples or wrap-arounds are best.
- 2) Take I-Caps with Lutein (blue box)---2/day or 1/day-PLUS-a good multi-vitamin that contains Lutein. Note: optimal lutein has been determined to be 12mg/day. Two I-Caps with Lutein only gives you 8mg/day.
- 3) Have your macula checked with a dilated exam every 6 months.