Addressing risk factors for age-related macular degeneration (AMD) in current patients and future generations through specialised wet AMD clinics.

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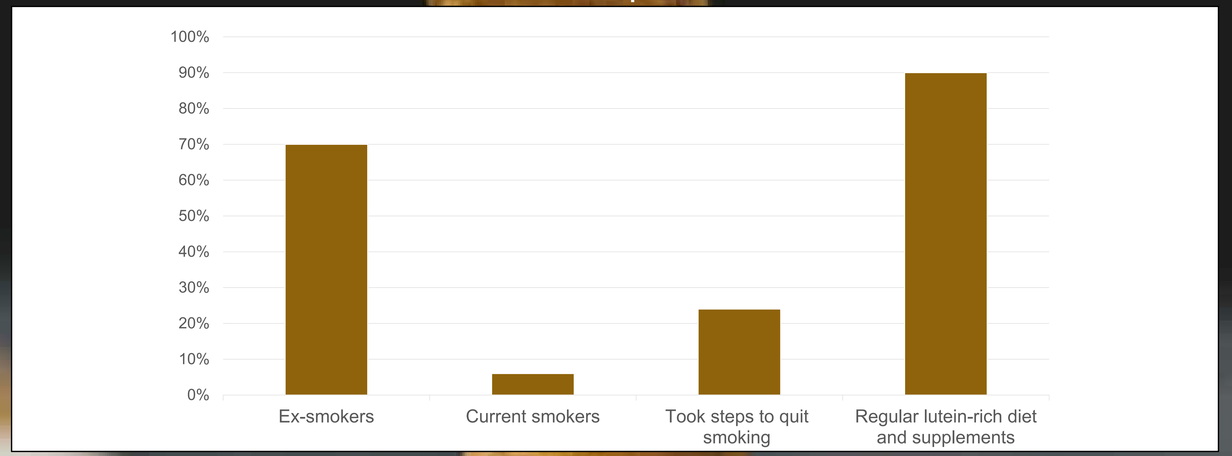
Introduction

- Rapid access AMD clinics and frequent patient follow-ups fostered strong rapport with both patients and their first-degree relatives
- This environment not only promotes ongoing care for individuals with wet AMD but also serves as an essential platform for educating family members about preventive measures.
- By sharing knowledge on risk factors, early symptoms, and the significance of regular eye examinations, families can be empowered to take proactive steps in safeguarding their ocular health and potentially mitigating the effects of age-related macular degeneration in future generations.

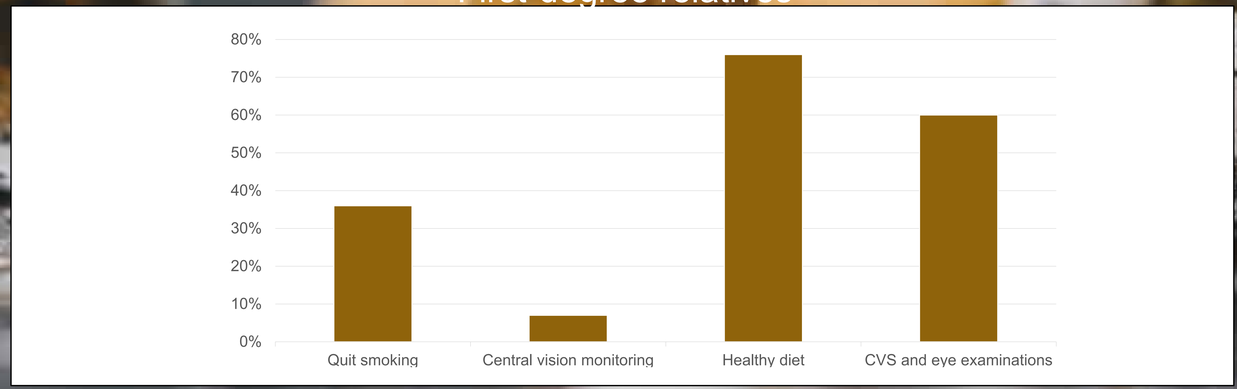
Method

- A prospective study was conducted over one year at a district general hospital's one-stop AMD clinic. Patients with wet AMD and their first-degree relatives were educated about the disease process, risk factors, and preventive measures to reduce deterioration.
- During follow-ups, data were gathered on the preventive measures adopted by relatives. A total of 140 patients (mean age 82.4) requiring treatment were included, with an average of 4.6 visits.
- First-degree relatives included siblings, with 20% accompanying patients (mean age 78) and 18% not accompanying them (mean age 74.7). Children accompanied 70% of patients (mean age 61), while 26% did not (mean age 58).

Graphical representation of results of Current patients



Graphical presentation of results of First-degree relatives



Results

Current patients

- 70% of patients were ex-smokers, with a cessation period of 10-20 years.
- 6% of patients, with a mean age of 82, continued to smoke.
- 24% of patients either quit smoking, gradually reduced their intake, or participated in counseling to quit.
- 90% maintained a regular lutein-rich diet and used supplements.

First-degree relatives:

- 36% quit smoking.
- 7% regularly monitored their central vision using an Amsler grid.
- 76% adopted a healthy diet.
- 60% received cardiovascular assessments from their GPs and had eye examinations by optometrists.
- 72% sought additional information about lutein and zeaxanthin supplements through the internet or health shops

Conclusion

- AMD clinics can serve as platforms to reduce risk factors among patients and their family members, potentially preventing or delaying the onset of AMD in future generations

- Conflicts of interest- None
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- Consent to publish- Yes