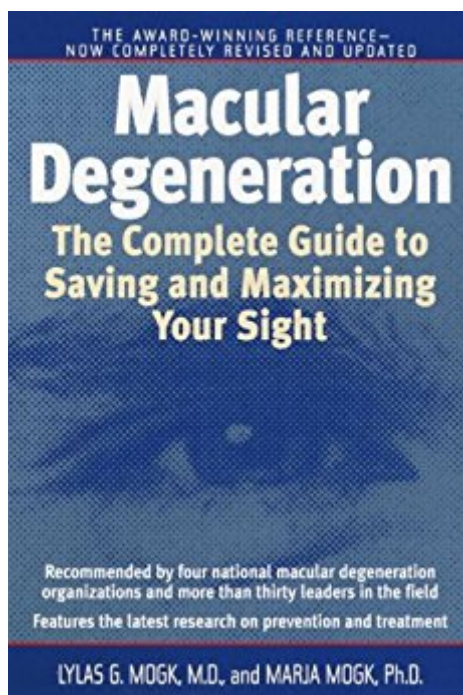


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# Macular Degeneration: The Complete Guide To Saving And Maximizing Your Sight



## Synopsis

The acclaimed book on macular degenerationâ€”now completely revised and updated with cutting edge research and the latest developments in the field. More than fifteen million Americans have age-related macular degeneration (AMD), and the disease will strike 200,000 more people this year. It is the most prevalent cause of vision loss in the western world. Dr. Lylas Mogk, the founding director of the Visual Rehabilitation and Research Center of the Henry Ford Health System, has a unique professional and personal understanding of AMD. A doctor and loving daughter of a parent with this frightening though manageable condition, Mogk here explains exactly what it is and how to limit its effect on your life. Reassuring and comprehensiveâ€”complete with illuminating first person stories of people with AMDâ€”Macular Degeneration will help you or someone you love with information onâ€”

- Reducing your risk factors
- Revolutionary new technology, including laser surgery and alternative treatments
- New research discoveries in nutritionâ€”and eye-healthy recipes
- The latest low-vision computer software programs
- Coping with depression and frustration
- Active online communities of people with macular degeneration

Plus a Low Vision Living Rehab program to help you read better, see better, and live independently! From the Trade Paperback edition.

## Book Information

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## Customer Reviews

This is a beautiful book and I think it saved my father's life. Not only that, but he could read it with vision loss. The print is bold and well spaced, so with his 20/80 eyesight he could read it. We both read it because we got relatively little help from his doctor and there was so much good information -- the first really clear explanation of macular degeneration that I've seen, recipes and a prevention plan for me, a whole rehabilitation program for my father, and a whole section on emotional coping. This book is so well written that it is really one of the most touching books I've read -- very practical but very moving. I want to thank the authors from the bottom of my heart -- I think they have really helped my father to keep his spirit and extend his life. Everyone should read this book. It's a mistake not to.

Anyone who has recently been diagnosed with macular degeneration, or who has a family member or friend with MD, will treasure this book by the Mogks. It was one of the first books on the subject I read after my doctor told me I had early dry MD in one eye. I was terribly upset to be suddenly faced with a future totally different from what I'd expected. When I picked up the Mogk book, my attention was immediately riveted by Dr. Mogk's description of her father's happiness and independence despite late-stage MD. This was what I needed to hear: that people could be happy and retain independence in the face of low vision. That very positive beginning is an excellent way to pull the reader into what for most people is an unfamiliar medical problem. As I read further, my first impression of "Macular Degeneration" as an invaluable resource for those who have the disease was reinforced. The Mogks approach the subject of MD from a problem-solving perspective as well as from a professional point of view and from Dr. Mogk's father's experience. The book is very well organized, and the appendices are chock full of good resources for readers to pursue. Dr. Mogk also discusses ongoing research, letting readers know there is a keen interest within the medical-scientific community in macular degeneration and other retinal diseases. As I read of the various efforts afoot, I felt a sense of hope that before too long there will be effective treatment for this devastating disease that affects one-third of those over 75 and also younger people. The message I came away with after finishing the book is that there IS life after MD, and it can be a good one. I enthusiastically recommend this book to everyone who has MD.

Patients with age-related macular degeneration (AMD) are hungry for information about this eye condition, which is the leading cause of legal blindness in people over age 60. This volume is a wonderful reference book for anyone dealing with AMD. Dr. Mogk not only provides valid medical information, but also dispenses useful tips for day-to-day living. The chapter on low vision aids is particularly helpful. She and her co-author write in an engaging, warm and personal manner. Her own experience with AMD in her father lends a note of credibility. She obviously cares for her patients and is anxious to give people the knowledge they need to deal with this devastating eye disease. I recommend it highly to anyone who has macular degeneration or is helping a family member or friend.

This book is absolutely great, without evoking false hopes it provides all the information and support people with ARMD so badly need and usually don't get from their doctors. After 4 years (I got ARMD in 1996) I finally know what has happened in my eye and how I can help my system to fight the disease, what the risks are, and what research is going on. I feel so much better both psychically and physically since I've read the book; the diet is easy to follow (and not at all expensive, everybody can afford it), tips and recommendations are extremely helpful. I've lost my panic to become dependent on other people, I feel I'll be able to help myself and be active in many respects, for a long time to come. And this feels so good. Thank you Dr. Mogk! (Hopefully, the book will soon be translated into German).

I am the facilitator for a support group for persons with Macular Degeneration. I have read the entire book to the group. It brought many comments from our members, as most could relate to the experiences written about. Our group enjoyed it so much, they have begged me to purchase another book to read. Mogk's book covered so many issues that persons with AMD care about: symptoms, diagnosis, treatment, and coping emotionally. We recommend it everyone with the disorder, and their family and friends.

The book contains an excellent description of macular degeneration for the patient. It also has steps for living with the disease.

I wish I had this book when I first discovered I had MD. It would have helped me emotionally, and with the information about vitamins and food - it would have given me hope. I never knew about low vision. The books clearly talks about nutrition, low vision and hope. It also told me where to go for

research programs - every doctor involved with the eye should have this book to give to their patients to read.jean@buffnet.net

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