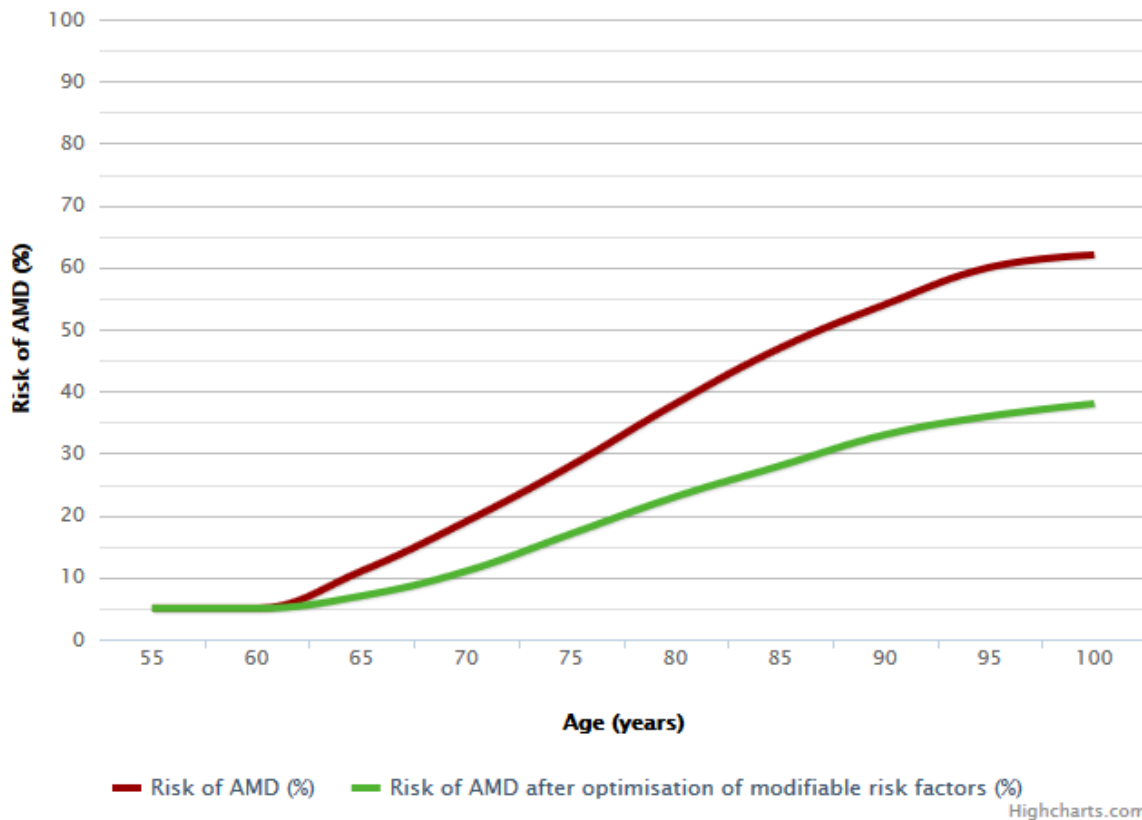


## Predicted Risk of Developing AMD at the age of 70 is 19 %

Results for 8 September 2017



## Predicted AMD Risk

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### Risk Definition

< 10%	Very Low Risk
10 - 25%	Low Risk
26 - 50%	Medium Risk
51 - 70%	High Risk
> 70%	Very High Risk

**Testperson's current predicted risk of developing AMD which affects vision at the age of 70 is 19% .**

Testperson, your personalised modifiable risk factors for AMD are outlined below in order of predicted importance. Please discuss with your eyecare professional the following modifiable risk factors to help you reduce your risk of developing AMD.

- Take eye-related nutritional supplements which contain the macular carotenoids to promote macular health.
- Published research has shown that increasing macular pigment can reduce glare and enhance visual performance.
- Increase your macular pigment level to promote and protect macular health (see your eyecare professional for more advice).
- Reduce your body mass index (BMI): lose weight by eating healthily and exercising regularly.
- Protect your eyes from sunlight and artificial light: wear sunglasses or protective lenses.
- Eat more brightly coloured fruits and vegetables, including leafy greens such as spinach and kale, peppers, sweetcorn, oranges and grapes.
- If your genetic status is unknown, your risk may be higher than predicted