

# The MPSII from Elektron Eye Technology.

Fast. Flexible. Intuitive.



The MPS II is a portable screening device enabling early detection of patients at risk of Age-related Macular Degeneration (AMD) – a leading cause of vision loss worldwide.

MPS II measures the density of your Macular Pigment (MP). Low MP is a significant but modifiable risk factor for AMD. Once detected, it can be managed through changes to diet, lifestyle and by taking nutritional supplements - all of which minimise the risk of developing AMD.



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## Patient Awareness Leaflet

### Age-related Macular Degeneration (AMD) A leading cause of vision loss.



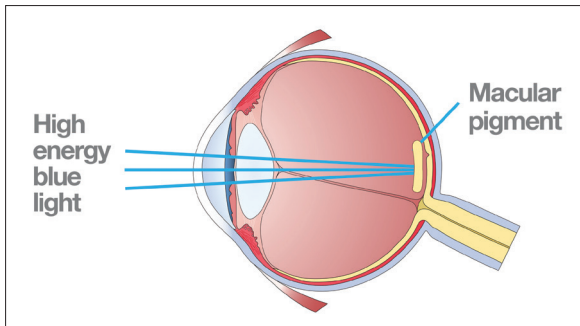
# AMD.

## What it is and why you need to be screened for it.

AMD is Age-related Macular Degeneration - a leading cause of vision loss worldwide.

The macula is the small central area of the retina that enables you to see in detail. A highly sensitive part of your eye, it is protected from the effects of damaging blue light by macular pigment (MP).

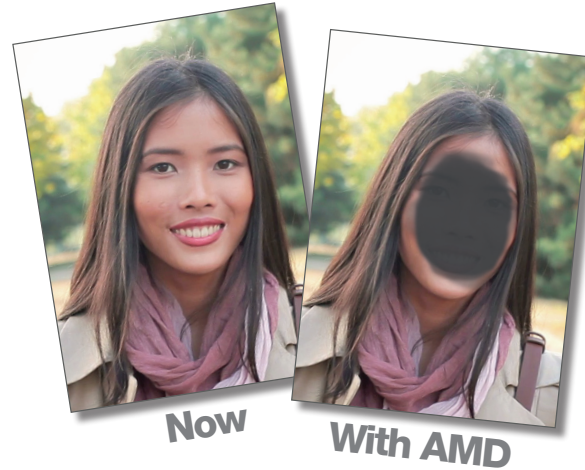
Exposure to high levels of blue light can reduce the density of your macular pigment over time, putting your macula at risk. Age, smoking and a poor diet all play a part in depleting MP.



### High energy blue light attacks macular pigment.

People with macular degeneration experience distorted vision and loss of colour detail that make it very difficult to read and recognise faces. Suffering from AMD would make a real difference to your quality of life.

Unfortunately, by the time the symptoms of AMD are obvious, it can be too late to do anything about it but there is a way of finding out if you are at risk of developing it in the future.



## How do you check if you are at risk of developing AMD?

Your eye care professional can get you to perform a simple test that takes just a few minutes.

The test involves an eye screening on a device called the MPS II Macular Pigment Screener, which can measure the density of your macular pigment accurately & quickly.

At the end of the test your MP will be given a value & you'll be advised whether it is acceptable or not.

If your MP is lower than it should be there are steps you can take to improve it and raise the level of protection. These include making adjustments to diet & lifestyle (such as cessation of smoking and taking exercise), and taking nutritional supplements - all of which have been proved to increase the density of MP.

The level of your MP can be subsequently be monitored on an ongoing basis with repeat screenings on the MPS II.

## Reducing the risk of developing AMD.

MP is composed of two carotenoids (fat-soluble pigments) called lutein and zeaxanthin. Research shows that they will both boost MP and significantly reduce the risk of your developing AMD.

Lutein and zeaxanthin are available in small doses from fresh fruit and vegetables - especially spinach and kale - and in much higher doses from purpose-made nutritional supplements.

Other ways to mitigate the risk of developing AMD, include eating oily fish rich in Omega 3, stopping smoking (which has been proved to cause visual problems), and cutting down on alcohol (which depletes vital antioxidants).

Finally, as blue light has been proved to deplete MP, wearing UV-blocking sunglasses when outside is advisable, as is avoiding excessive exposure to blue light-emitting mobile phones and computer screens.

## AMD is related to age but you don't have to be old to have it.

AMD used to be regarded as an older person's disease but changes to our diet and our increasing dependence on blue light-emitting technology means that it is increasingly being diagnosed in younger adults.

This is why it makes sense for screening to begin as early as possible, and why you should speak to your eye care professional today.



Regular screening monitors the density of your macular pigment.