

YOUR
DEFINING
moment

AMD
AWARENESS
WEEK

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Defining Moments - Aug 99

We hope to highlight the importance of regular eye testing, as well as the benefits of early diagnosis and treatment.

YOUR DEFINING moment

A compilation of inspirational Defining Moment stories to promote a better understanding of age-related macular degeneration (AMD)

Images courtesy of Pádraig Naughton,
Executive Director, Arts & Disability Ireland

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Foreword

This is the eighth year of our Age-related Macular Degeneration (AMD) Awareness Week, which is supported by Fighting Blindness, NCBI, the national sight loss organisation, the Irish College of Ophthalmologists and the Association of Optometrists Ireland, together with Novartis Pharmaceuticals.

AMD Awareness Week aims to improve knowledge and understanding of AMD.

By encouraging more conversation about AMD we hope to highlight the importance of regular eye testing, as well as the benefits of early diagnosis and treatment. We aim to make a meaningful difference to the vision health of those at-risk of AMD – and those currently living with AMD.

This year's campaign is all about defining moments – a moment in your life that changed it for the better.

The **Your Defining Moment** campaign invited people from all over the country – as well as some well-known personalities - to tell us their personal defining moments, and how their lives changed for the better afterwards.

Defining Moments - Aug 2019

The stories have been collected and published in this booklet to highlight how a small decision – such as, perhaps, deciding to get your eyes checked – can lead to unexpectedly positive outcomes.

One of our ambassadors is Pádraig Naughton, tactile and visual artist, disability advocate and Executive Director of Arts and Disability Ireland. Pádraig's **'defining moment'** is represented in a self portrait he created, and represents for him the moment he acknowledged that his visual impairment was a part of his art.

A selection of Pádraig's beautiful artwork has been used throughout the campaign, including within the pages of this booklet, to connect his inspiring story to all the others sent in from around the country.

We hope this booklet encourages and supports anyone negatively impacted by vision loss.

As always, we urge anyone who has concerns about their eyesight to speak to a healthcare professional and get their eyes tested. For more information on AMD visit www.amd.ie

We hope you enjoy reading this collection of inspiring personal stories.

Thank you.



Understanding AMD

Age-Related Macular Degeneration





Normal vision



Vision distortion due to wet AMD



Late-stage vision due to wet AMD

What is AMD?

Age-related macular degeneration (AMD) is the leading cause of blindness in Ireland - almost 100,000 people throughout the country have AMD (1), with 7000 new cases diagnosed each year in the over 50 population (2).

As the symptoms of AMD can often go unrecognised, it is crucial that people over 50 get their eyes tested regularly so that if there are any signs of AMD it can be diagnosed and treated as early as possible.

NCBI – the national sight loss organisation, Fighting Blindness, the Irish College of Ophthalmologists (ICO), the Association of Optometrists in Ireland (AOI) and Novartis Ireland are working together to increase public awareness of the symptoms of AMD, increase understanding of the condition, and highlight the importance of early detection and treatment.

AMD affects the macula at the back of the eye, which is responsible for central vision and allows you to see detail.

People living with the condition will often notice a blank patch or dark spot in the centre of their sight. This makes activities like reading, writing and recognising small objects or faces very difficult. AMD usually starts in one eye and is likely to affect the other eye at a later stage.

What early symptoms should I be aware of?

The most common symptom of AMD is slightly blurred vision. Wavy lines or a blind spot in the centre of the field of vision are other symptoms. Although you might not notice any changes in your vision, an eye exam will assess not only your need for glasses but also what is going on at the back of your eye. If you notice any change in your vision, see an eye care professional immediately, especially if there is a history of glaucoma, AMD or diabetes in your family.

Dry and wet AMD:

There are two types of AMD: dry and wet. Dry AMD is the most common form of the condition and develops slowly, eventually leading to loss of central vision. There are currently no proven treatments for dry AMD.

Wet AMD is caused by leaky blood vessels inside the eye. It is less common than dry AMD but it can cause more rapid loss of vision. It is responsible for 90% of cases of severe vision loss (3). It results in new, weak blood vessels growing behind the retina (4). The good news is that while wet AMD can develop quickly, in the majority of cases, if diagnosed and treated early, as much sight as possible can be saved and some people may even see an improvement in their eyesight (5).

What can I do to protect my vision?

While wet AMD cannot necessarily be prevented, there is treatment available and its onset can be delayed by making some lifestyle changes and by ensuring you have your eyes examined regularly.

- **Stop smoking straight away to decrease your chances of developing AMD**
- **Eat a healthy diet, rich in fruit and vegetables**
- **See an eye doctor or an optician immediately if you notice any changes in your vision**
- **Have a thorough eye exam every two years**

AMD is a progressive disease and it is also painless. While AMD may affect your detailed central vision, most people still retain side (or peripheral) vision. However, if left untreated, 17% of people will progress to advanced AMD within five years (6).



Living with AMD



Living with AMD

We know that AMD is the most common cause of sight loss in people over the age of 50. This is evident in the demand for services from people with the condition. So what does it mean for people living with AMD?

Those who contact NCBI and Fighting Blindness are dealing with both the emotional and practical aspects of sight loss. Some of the daily challenges people with sight loss encounter are reading print, such as newspapers, books, food labels and letters that arrive in the post. Seeing prices or finding products in shops can also be difficult.

Many people with AMD find it very difficult to recognise people and pass by a friend on the street, which can be hard for others to understand, especially when the person doesn't look any different.

All of these changes can be difficult to come to terms with, both for the individual experiencing sight loss and their families, so counselling and emotional support are very important.

NCBI and Fighting Blindness also offer opportunities for people with sight loss to come together to benefit from the support and advice of their peers and to share knowledge and experiences. It is often necessary for a person to deal with the emotional impact of sight loss before they can start to think about addressing any practical problems they are having.

People with AMD will retain some vision and so our organisations help them to maximize their remaining vision in various different ways, including through the use of magnification and technical

aids, as well as by providing advice on lighting and other adaptations that can be made to reduce the impact of loss of vision. Independent living and rehabilitation training can assist people in developing their skills in mobility and independent living.

Finding out what services are out there gives people who are living with AMD hope for the future, as well as choices and options to ensure they can achieve their goals and, above all, independence.

Thank you for supporting AMD Awareness Week 2015.

Avril Daly, CEO of Fighting Blindness
Chris White, CEO of NCBI Group



Mary Kennedy

One of RTE's most popular broadcasters, Mary Kennedy currently co-presents the features programme Nationwide. She came to national prominence presenting the Eurovision Song Contest in 1995 and since then has presented many more programmes, including People of the Year, Up for the Match, and RTE's Christmas Carols, and has regularly appeared as a guest on shows including The Late Late Show and the Saturday Night Show.

If at first you don't succeed, try and try again.

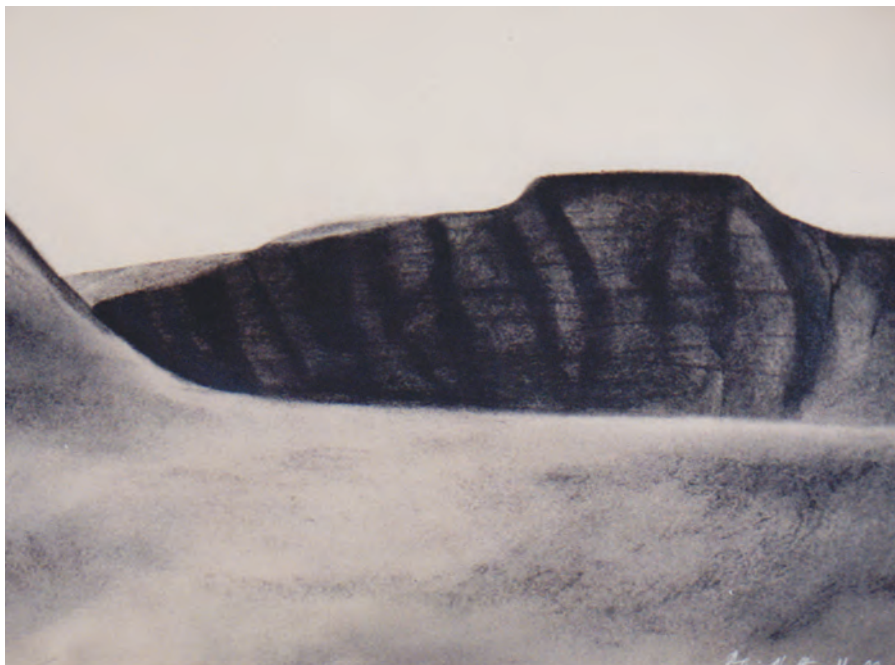
On May 13th 1995, I walked onto the stage of what was then The Point Theatre in Dublin to present the Eurovision Song Contest. Butterflies were doing somersaults in my stomach, but they calmed and settled down when I absorbed the absolute avalanche of waves and cheers and goodwill that greeted me as I began this mammoth task.

I enjoyed every minute of my time onstage. I felt confident – actually, I felt like a million dollars in my two flowing silk jersey gowns designed by Richard Lewis. My hair was nicely coiffed by Gary Kavanagh from Peter Mark and I am absolutely delighted that both of these men have become dear friends since the Eurovision. I was well prepared for the task of presenting the Eurovision following weeks of rehearsal and also following two unsuccessful attempts at getting the job. This was the period that Ireland was winning the contest year after year. Linda Martin brought the trophy home when she won in Sweden in 1992. I auditioned to present Eurovision from Millstreet in 1993. I was bitterly disappointed not to be chosen.

Fionnuala Sweeney presented that year. And Ireland won. I was sure I was in with a good chance for the following year. Wrong! Gerry Ryan and Cynthia Ní Mhurchú were chosen. And we won again! I decided to give it one last shot and I auditioned for the 1995 contest.

Words cannot adequately describe the joy and satisfaction I felt to be chosen as the solo presenter of Eurovision 1995. This was a real defining moment for me because as a result I decided to resign from my career teaching and try my hand at broadcasting full-time. I'm glad I made this decision. My work at RTE has afforded me wonderful opportunities. I have met so many interesting and good people. And I have fabulous memories of my time at the helm of the Grand Prix Eurovision de la Chanson. Overall I think that this defining moment in my life is worthy of "douze points!"





John Prendergast, Cork

AMD is something lots of people ignore, like me

Life begins at 40; however, in my case, my perception of life remained the same – but my vision started the rocky road of age related macular degeneration.

You start off by convincing yourself it's an infection, so you purchase eye drops as you are sure they will help your vision impairment.

Struggling with the acceptance that your vision is slightly impaired, you try squinting and moving reading materials back and forth, to enable your vision to focus on the small print of a newspaper or magazine.

However, my defining moments were; firstly, when my 6 year-old daughter advised me that I was skipping words in the bedtime story because I found it hard to focus on the small print of the fairy-tale, and secondly when my teenage children began to always have reading glasses at the ready for me when I assisted with their homework.

At this moment it was time to get an eye test and seek the professional help to support my reading and to ensure that I can focus on things and simply recognise people in the street.

AMD is something that lots of people ignore, like me. However, faced with the outcome of making mistakes, it's really beneficial to seek the professional help you need in order to see again.



Deputy Mary Mitchell O'Connor

Mary Mitchell O'Connor is a Fine Gael TD for Dún Laoghaire County. Mary was elected to Dáil Éireann on her first attempt in the 2011 General Election. Mary has devoted her time as TD committed to economic growth, supporting small businesses and improving education and health. Mary has also worked on the Public Health (Alcohol) Bill 2015, advocated for healthy eating and decreasing obesity, and helped raise the age for breast checks to 69.

A determination to get into politics and make a difference

The defining moment in my life happened a long time ago, when I was a teacher.

I expected to get an answer when I put the question, in Irish: "What would you like to do when you grow up?" I didn't expect an answer from all of the members of the class, but I did expect to

get an answer from one young pupil, because she was bright and good at Irish. Good enough to know the M6dh Coinn6lach, what I was looking for. Sure enough, when I got around to putting the question to her, back came the answer in Irish, like a shot.

“When I am grown up,” she told me, “I will be unemployed.” I stood there, torn. On the one side, the teenager was entitled to immediate reinforcement for the perfectly grammatical response. But on the other side lay the grim reality that she already knew her future, knew how limited and unrewarding that future would be, and wasn’t as much resigned to it, as born to it.

It took a while for my initial baffled dismay to morph into a determination to get into politics. Because no child in her early teens should have such a grievous instinct for self-limitation.





Pádraig Naughton

A graduate of the National College of Art & Design, Pádraig completed a degree in Craft Design majoring in ceramics in 1993. While a student he developed a specialist interest in art and visual impairment. Pádraig established a studio practice focusing on tactile experimental sculpture and landscape drawing which resulted in a wide range of group and one person shows.

In becoming Director of Arts & Disability Ireland in 2005, Pádraig fulfilled a long held ambition to contribute to creating opportunities for artists & audiences with disabilities in Ireland. This year, ADI will partner on 19 projects, deliver 36 audio described and captioned performances and support 20 artists in the development of new work, mentoring and training across 12 local authorities.



Acknowledging the link between arts and advocacy - my defining moment

This charcoal drawing on yellow paper is a self-portrait and some 24 years after I created it, it still remains one of my favourites. In many respects artistically it was a defining moment, the moment when I acknowledged my visual impairment was part of my arts practice. What I didn't know then was that this shift in attitude was sowing the seeds for my future career direction in the arts.

While my face is clearly visible in the portrait, it is all the eyes projected around the edges that are most striking. The way I used charcoal in this drawing was almost sculptural. Charcoal was applied in layers to the yellow paper and using a soft putty eraser I drew out the highlights. As I don't see in a bifocal way, using charcoal, I could create depth with light and shade rather than line.

In 1989 when I chose to study for a degree in ceramics, I had wanted to leave my visual impairment behind me in secondary school and

become an artist. As a teenager, the typical career paths I kept hearing about were telephony, physiotherapy, piano tuning and basket weaving. Like most teenagers I was determined to plough my own furrow, art set me apart and I liked that.

However, during my time at NCAD I came to realise that I was on a visual design course, although the reason I opted specifically for ceramics was because I loved handling clay. The other big realisation was that I still had a visual impairment. The solution was to acknowledge this and figure ways of working creatively that suited my way of seeing. This self-portrait was a defining moment. It opened up a dialogue with my peers and tutors about how I actually saw the world and might respond to it creatively in my evolving arts practice. My final degree exhibition used massage techniques to create ceramic murals to be appreciated by touch.

Since then disability has been to the forefront in my career in the arts. Initially, the focus was the unique perspective my visual impairment gave to the making techniques I chose and the subject matter I worked with. Inevitably I became a role model and advocate. Steadily over the years my arts practice drew me further and further into debates on how the arts could be made more accessible to people with disabilities.

While I had lots of opinions on how the arts needed to change to be more inclusive of people with disabilities, I felt like the quintessential hurler on the ditch. My opinions mattered but I couldn't influence change from the sidelines. So, ten years after graduating I made the transition from artist to arts administrator.

Since 2005 I have been Executive Director of Arts & Disability Ireland, the national development and resource organisation for the sector. ADI describes itself as "championing the creativity of artists with disabilities and promoting inclusive experiences for audiences with disabilities". This we do in partnership with the arts sector.

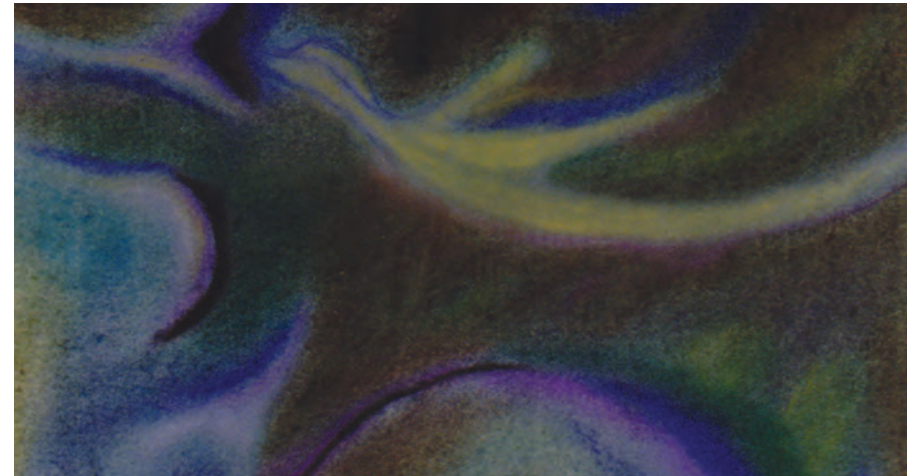


Looking back on my decade at the helm of Arts & Disability Ireland I'm delighted to say that there are many more opportunities for people with disabilities to work professionally in the arts, and also more accessible arts performances and exhibitions to enjoy. With our Board and team of very committed staff, ADI has amassed a huge number of allies and advocates both here in Ireland and internationally. Without their funding, resources and collaboration my vision for change could not be realised.

As a visually impaired person, I'll always be especially proud of my involvement in introducing audio description to the Abbey Theatre and Dublin Theatre Festival in 2006. This live commentary describes the visual elements of a performance as it unfolds, from sets, props, costumes to actors' facial expressions and movements across the stage.

Starting in 2012 with the Butler Gallery in Kilkenny, ADI began utilising 'Discovery Pens' to provide audio description at exhibitions, thus making both the performing and visual arts more accessible than ever before to blind and visually impaired audiences across Ireland.

So while I didn't see this self-portrait in charcoal on yellow paper as a defining moment back in 2001, I've little doubt it has played a significant part in shaping my career in the arts. Perhaps you will never put a brush to canvas or write a piece of prose. However, the arts are there to challenge and entertain, and they are becoming ever more accessible. Go be inspired and enjoy!



Julie Hayden, Waterford

I needed to be extremely strong to survive

My decision to take part in the Erasmus Programme is my defining moment. Prior to moving away I felt extremely unhappy with myself and my life. Living away from home for the first time I experienced severe anxiety that had effects on my health. I needed to be extremely strong to survive the four months.

Returning home, I still didn't feel the same and underlying problems were still there. I opened up and talked about how I was feeling and what I had been experiencing the past couple of years to my mother and got further help. I am now happier than I can ever remember. If I hadn't made that decision to go away these problems would have not come to a head and I would have not dealt with them. It has changed my life completely. I am now involved in so many things I would have never have had the confidence to do before. I volunteer in a charity shop, joined a running group, and lots more! I am much more outgoing. It has had a tremendous positive impact on my life and it all comes down to making that decision to go abroad.



Evelyn Cusack

Evelyn Cusack is Deputy Head of Forecasting at Met Éireann, Secretary of the Irish Meteorological Society, and a well-known RTÉ weather presenter.

Evelyn was born in Clonaslee, Co Laois and is the middle child in a family of seven. She followed her sister Anne and brother Denis into UCD science and went on to get a Masters Degree in Physics.

Evelyn is known countrywide for her weather broadcasts on RTE TV and radio but is also Deputy Head of Forecasting in Met Éireann. Despite the often bad weather, Evelyn is best loved for her cheerful and friendly style and was voted recently 'Ireland's favourite weather forecaster'.

In particular Evelyn is appreciated for her clear explanations of complex meteorological situations. She enjoys meeting the farmers every year at the National Ploughing Championships and finds their feedback essential to improving the Met Éireann forecast and farming service.

She also attends the BT Young Scientists Exhibition every January and has great fun chatting to the lively teenagers and their teachers.

Evelyn gives public lectures and talks to packed houses and also helps run The Irish Meteorological Society. In recognition of her work in promoting the Public Understanding of Science she was the recipient of the inaugural UCD Alumni award in Science in 2014.

The phonecall that changed my life

My story begins sometime early in 2008 when I was on night duty in Met Eireann. I had just finished the five-to-midnight Sea Area Forecast on RTE Radio 1 and was about to make a cup of tea when the phone rang. It was Dr Tony Scott, a former physics lecturer of mine in UCD and the then President of the RDS. He said the Society of Irish Foresters had asked him to ask me to give their Annual Augustine Henry Forestry Lecture in the RDS the following March (2009).

And then the conversation went along these lines:

Me in a slightly hysterical voice to Dr Scott: "Me...give a lecture in the RDS... annual lecture to foresters...No...I don't know a thing about weather and Irish trees...when did the first trees grow in Ireland? When even did the first trees grow anywhere in the world ... the Garden of Eden...what about all the ice ages, did they wipe out all the trees? Absolutely not, Tony... I just wouldn't be able."

Dr Scott (laughingly) to me: "Ah go on, Ev, you'll be fine."

Well, now you know that if you want someone to do something for you just get Tony to ask them a year in advance when they are in a weakened state on night duty!

So I spent close to a year preparing for my lecture and trying to learn almost from scratch about the past climates of Ireland

and the world and how plants and trees evolved in the different climates, and so on and so forth... This was a big undertaking. Too big, as it happened, and I ended up presenting quite a confusing lecture with far too many graphs and basically what we call "death by PowerPoint".

But by then I was completely hooked on finding out about past climates from that initial question of how trees developed. This directly led on to the interconnection between climate, geology and evolution and how we ourselves came into existence. In other words, the utterly amazing story of life on Planet Earth. This is "The Greatest Story Ever Told" and it has inspired me to spread the word of science through the media and my public lectures.

There are dozens of books which cover this huge topic and I've read many of them since, and continue to read and try to learn more about this ever-expanding and fascinating field. Also we now have YouTube and Netflix, which have a multitude of great documentaries on the subject by, for example, David Attenborough and Neil deGrasse Tyson.

The original of the 'species' was Dr Carl Sagan with his breakthrough TV series and book Cosmos, to quote: "Our planet is a lonely speck in the great enveloping cosmic dark. In our obscurity – in all this vastness – there is no hint that help will come from elsewhere to save us from ourselves."

In 2012 the musician and philanthropist Will.i.am made international headlines by donating his £500,000 fee from the BBC's The Voice (UK) to The Prince's Trust, aimed at inspiring and engaging disadvantaged 13-19 year olds in STEM (science, technology, engineering and mathematics). His i.am.angel foundation in the USA has as its motto 'Transforming lives through education, inspiration and opportunity' and he is particularly trying to engage young women in STEM studies.

Lesser known is the RDS STEM Learning Programme for primary school teachers. This is an innovative and interactive professional development programme aimed at developing primary school teachers' pedagogical and conceptual knowledge of science and mathematics (see more at www.rds.ie/stem).

I know some of us are uninterested or a little intimidated by science and maths and some of us may even inadvertently pass on these sentiments to our children. But don't be afraid to start reading and learning. As Picasso said: "I am always doing that which I cannot do, in order that I may learn how to do it."

If heretofore you've only read fiction or poetry may I recommend Bill Bryson's bestselling book *A Short History of Nearly Everything* as a great starter: "We live in a universe whose age we can't quite compute, surrounded by stars whose distances we don't altogether know, filled with matter we can't identify, operating in conformance with physical laws whose properties we don't truly understand."

In fact, cosmologists now say that 95% of the Universe consists of dark matter/energy, which is a total mystery, so we really do need lots of intelligent young people to help further unlock these mysteries. So I entreat you, dear reader, to go forth in science and multiply...or at least encourage all the young people you know to engage in STEM studies!

PS To the Society of Irish Foresters - thanks for the initial impetus and I really do owe you a better lecture.

PPS Thanks Tony and UCD Physics.





Ruth Fleming Ruxton, Cork

The decision has defined me and forever made things new

Growing up adopted, with the many choices you are faced
I felt things would change for everyone if my birth mother I traced

So with support and reassurance and an amazing mom and dad
I decided I would do it and accept the good or bad.

It didn't happen overnight and it wasn't without pain
But nothing comes too easily, if out of it you gain

The decision has defined me and has forever made things new
I found my birth mother Teresa but I found five more siblings too.

I'm somewhere in the middle, 2 above and 3 below
And the journey still continues; there's one we yet don't know

I'm stronger, wiser, more settled now, so it wasn't a mistake
Yet I never thought that just one choice could such a difference make.



John Treacy

John Treacy is Chief Executive of the Irish Sports Council, the statutory agency for sport in Ireland.

A distinguished athlete, John achieved international recognition by winning the World Cross Country Championships in 1978 before retaining the title the following year. In 1984, John won silver in the marathon at the Los Angeles Olympic Games.

As Chief Executive of the Irish Sports Council, John has overseen the development of the Irish anti-doping programme, the implementation of high performance systems within governing bodies and the roll out of local sports partnerships to promote sport and physical activity in local communities.

John holds a BS in Accountancy and a Master in Business Administration (MBA) from Providence College.



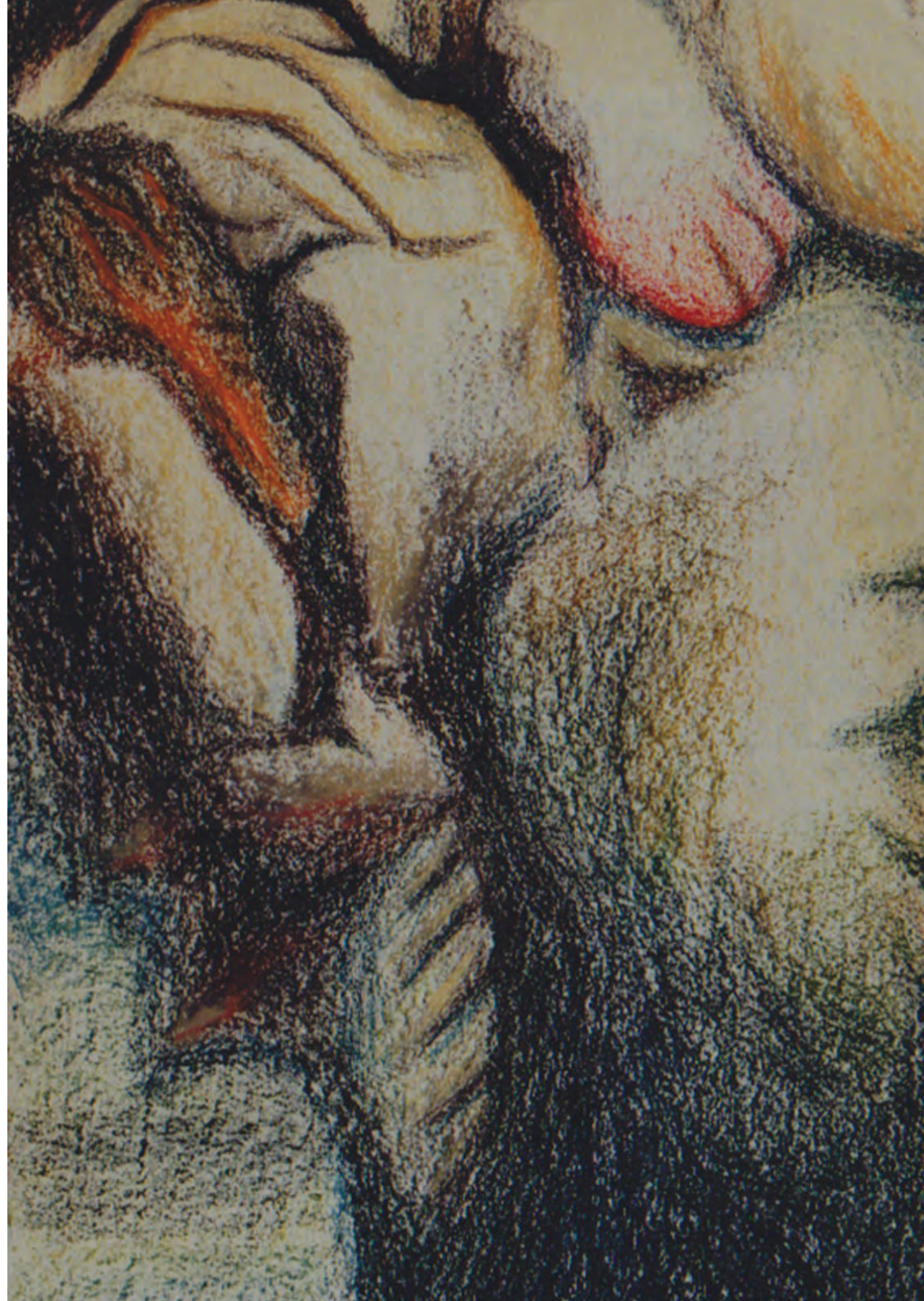
Be brave, trust your instinct

In 1983, I competed in the World Athletics Championships in Helsinki and I was eliminated in the heats for the 10,000 metres. It was a devastating blow to my confidence and left me in a position where I had to reevaluate what I was doing and my whole approach to running.

I went out for a run immediately after the race to clear my head, and as I ran I began to think things through; I was in a dark place at the time but I knew that I had to turn this set-back in to a positive.

While I was out running I realised that I had to change everything – not just the way I was training but my whole approach to running needed to change. I made the decision then and there to give up my job and move back to the USA to train full time and it made all the difference. My mind was on a more positive path and everything else flowed from there.

The next year, I won a silver medal in the Men's Marathon at the 1984 Los Angeles Olympics and I can say for a certainty that would never have happened if I had not made that decision the previous



year. It was the moment that defined my greatest sporting achievement and made all the difference to the rest of my life in the most positive way imaginable.

Through my work on the Irish Sports Council I have the opportunity to work very closely with athletes and I believe my experience has helped me to understand the challenging decisions that they face all of the time. It can be difficult after a set-back to see the positives, but my advice to anyone who finds themselves in a similar mind-set after a disappointment is to think through your options and be brave enough to follow your instinct, I know I have never regretted it.



Contact information

Organisations involved with the treatment
and awareness of AMD





About NCBI:

NCBI is the leading charity working for the rising number of people affected by sight loss in Ireland. We provide practical and emotional support to help people with sight loss face their futures with confidence.

For more information visit
www.ncbi.ie



About Fighting Blindness:

Fighting Blindness is an Irish patient-led charity funding and enabling world-leading research into treatments and cures for blindness. It provides a professional counselling service to support people affected by sight loss. Through education and advocacy Fighting Blindness works to empower everyone in Ireland living with severe vision impairment. Fighting Blindness is involved with rare, genetic, age-related and degenerative conditions and represents the 224,000 adults and children in Ireland who are affected by severe vision impairment.

Please call 01 6789 004 or visit
www.FightingBlindness.ie
for more information.



Irish College of
Ophthalmologists
Eye Doctors of Ireland
Protecting your Vision

About the Irish College of Ophthalmologists:

The Irish College of Ophthalmologists (ICO) is the professional and training body for eye doctors and the expert body on medical eye care in Ireland.

The ICO is dedicated to promoting excellence in eye care through the education of its members, trainees and the public. Our central mission is to reduce the number of annual cases of preventable blindness affecting people in Ireland and to maintain standards of excellence in eye health care delivery. We do this by educating eye doctors in training, providing on-going education for eye doctors in practice, giving accurate medical advice to the public and policy guidance for the government.

The ICO places a priority on raising the public's awareness of eye health and the significance of eye health as an indicator of general health and wellbeing. For further information on eye health, visit www.eyedoctors.ie or Tweet us [@eyedoctorsirl](https://twitter.com/eyedoctorsirl).



Association of
Optometrists Ireland

About The Association of Optometrists Ireland:

The Association of Optometrists Ireland is the professional representative body for the vast majority of practising optometrists in the country. Formerly known as ophthalmic opticians and commonly referred to as opticians, the official title in Irish law is now optometrist. The Association, in conjunction with the Opticians Board, who are the statutory regulatory authority, provides a supervisory and ethical environment for all members. The purpose of this is to ensure the highest possible standards in provision of clinical and dispensing services to the public. Subscription to the Association's Code of Ethics and Practice is mandatory for all members.

www.optometrists.ie



Healthy Ireland

Healthy Ireland is the national framework for action to improve the health and wellbeing of the people of Ireland. Its main focus is on prevention and keeping people healthier for longer. Healthy Ireland's goals are to increase the proportion of people who are healthy at all stages of life, reduce health inequalities, protect the public from threats to health and wellbeing and create an environment where every individual and every sector of society can play their part in achieving a healthy Ireland. Healthy Ireland takes a whole-of-Government and whole-of-society approach to improving health and wellbeing and the quality of people's lives.

For further information, visit
<http://www.healthyireland.ie>

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Notes

We aim to make a meaningful difference to the vision health of those at-risk of AMD – and those currently living with AMD.



www.amd.ie

Supported by:

