

Treatment Summary and Recommendations

AREDS Category	Treatment	Follow-up
1- No AMD	<ul style="list-style-type: none"> • Observation with no medical therapy 	<ul style="list-style-type: none"> • 6-24 months if asymptomatic • Prompt follow up if new symptoms
2- Early AMD (Dry)	<p>Lifestyle modifications</p> <ul style="list-style-type: none"> • Smoking Cessation • Dietary Changes • Blood pressure control • Weight management 	<ul style="list-style-type: none"> • 6-24 months if asymptomatic • Prompt follow up if new symptoms
3- Intermediate AMD (Dry)	<ul style="list-style-type: none"> • Lifestyle and Dietary Modifications • Antioxidant vitamin and mineral supplements as recommended from the AREDS and AREDS2 reports <p>(Level of evidence: I++; Good; Strong)</p>	<ul style="list-style-type: none"> • 6-18 months if asymptomatic or prompt exam if new symptoms

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