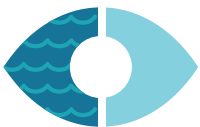


# My Vision Care Journal




**You can take action to preserve your independence.  
Treatment can slow progression and help maintain sight.**



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 **NOVARTIS**



*“There is something in us that will try to give up when things get tough. But there is also something in us that gives us strength to do what has to be done.”*

*—Dan, MD Support*

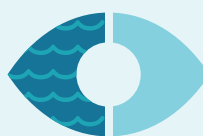
# Using your Vision Care Journal

Your Vision Care Journal is a tool to help you monitor your vision throughout your wet AMD treatment.

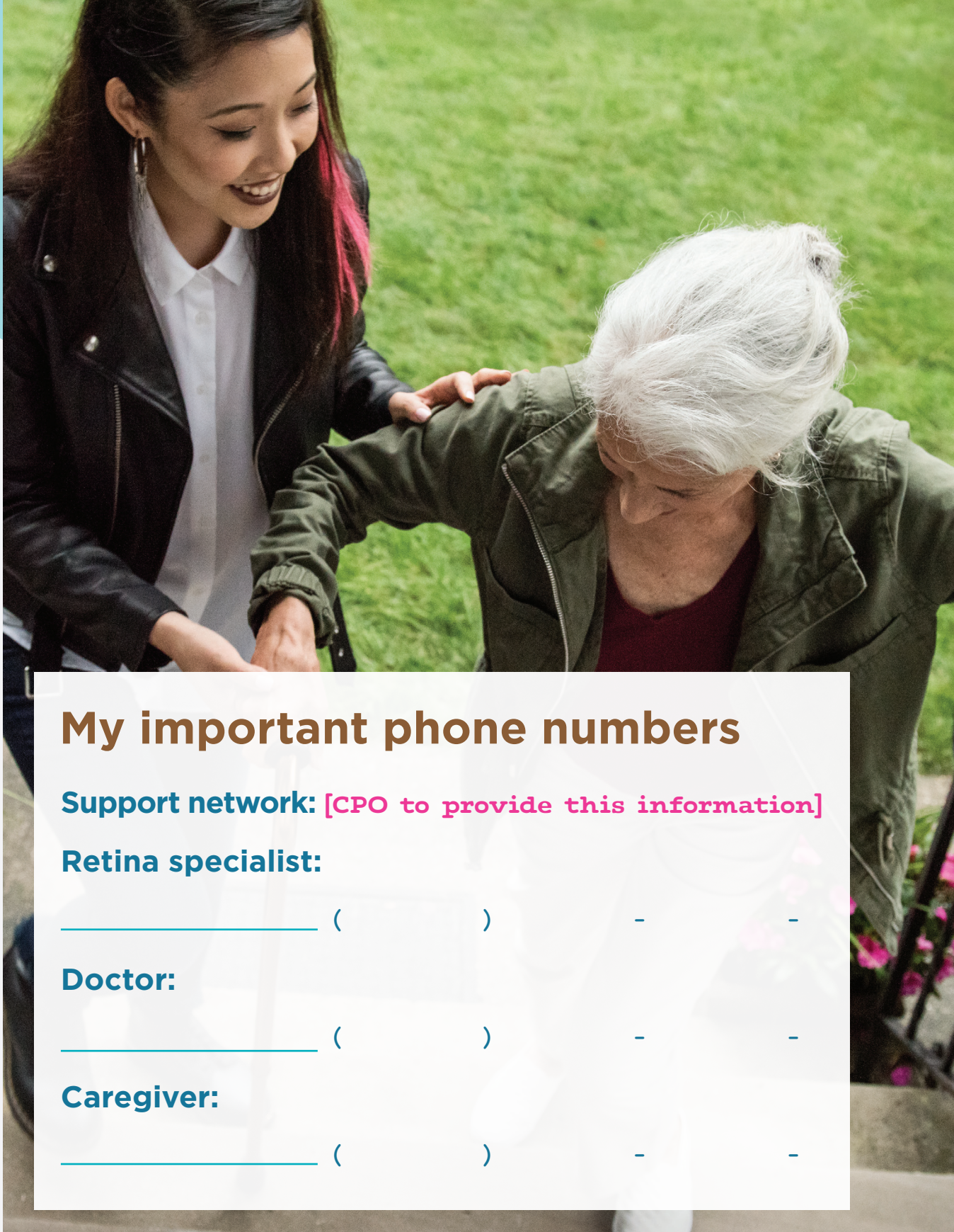
It's organized so you can easily find important numbers, record appointments, and keep track of your symptoms.

There are also tips and helpful questions for preparing for your appointment at the doctor's office. Plus, room to take notes when you need to—before, during, and after your appointment.

Make sure to share the information you record in the Vision Care Journal with your eye doctor.



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## My important phone numbers

Support network: [CPO to provide this information]

Retina specialist:

\_\_\_\_\_ (                    )                    -                    -

Doctor:

\_\_\_\_\_ (                    )                    -                    -

Caregiver:

\_\_\_\_\_ (                    )                    -                    -

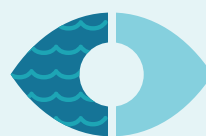
# Getting the most out of your appointments

Your appointments for treatment are key to protecting your vision. Here are some tips that can help you make the most of them:

1. Make sure you have a way to **get to your appointment**.
2. **Stay informed** about how your condition and treatment are progressing.
3. **Write questions down** that you want to ask your doctor.
4. **Set reminders** for your next appointment.
5. Lastly, **use this journal** to help you keep track of everything so it's all in one place for you, and don't forget to bring your journal to every appointment.



Speak to your eye doctor and visit [www.seewhatsnext.me](http://www.seewhatsnext.me) to learn more



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# Your next appointment is:

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Notes:** \_\_\_\_\_

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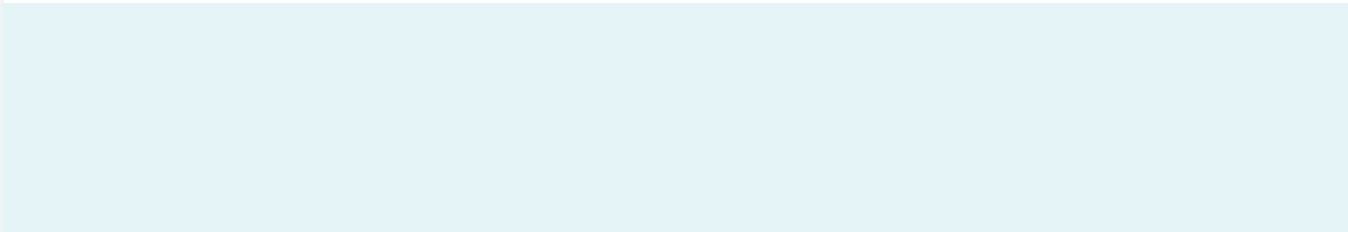
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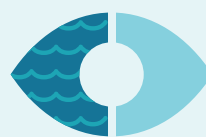
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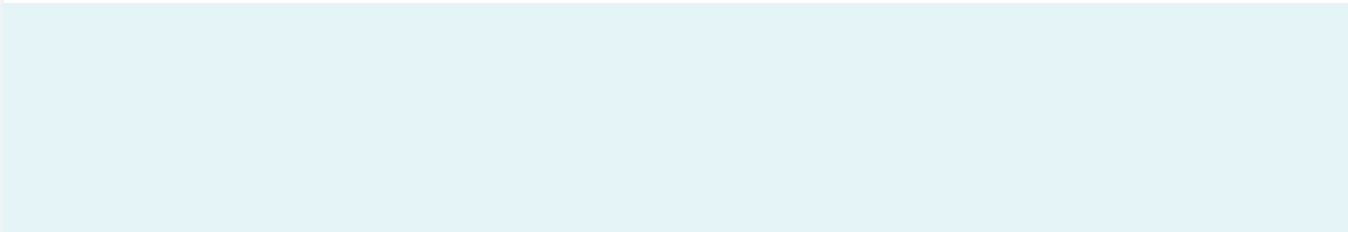
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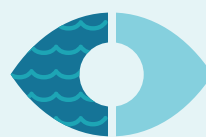
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# Your next appointment is:

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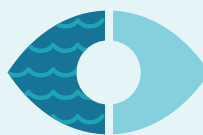
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*“If we are not careful, vision loss becomes our focus. Instead, we need to focus on what we can do, and love ourselves enough to base our worth on something other than our eyesight.”*

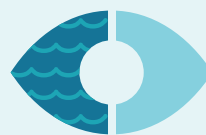
—Sharon, MD Support

# Monitor your vision regularly at home

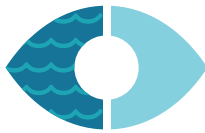
It's important to monitor your vision with an Amsler Grid at least once per week or as directed by your doctor. It helps you stay on top of any changes in your vision.

The Amsler Grid is a simple test that you can use to check for changes in your vision.

And if you do notice any changes—don't wait for your next appointment. **Call your doctor right away.**



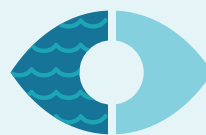
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# Using your Amsler Grid

Ask your health care provider or eye care clinic where you can get an Amsler Grid. They can also teach you exactly how to test your vision with it, so follow their instructions on using the Amsler Grid to self-monitor your vision.



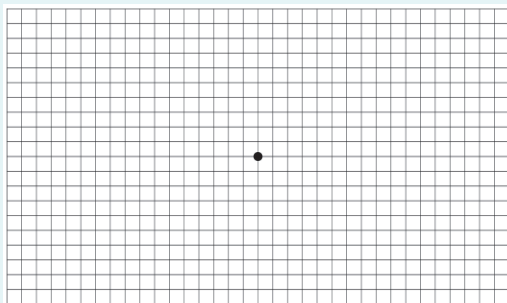
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# Monitor your vision regularly

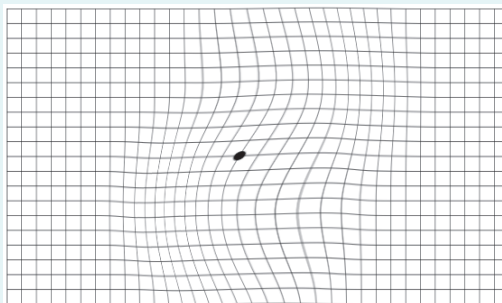
It's important to stay on track with your treatment plan and **monitor your vision at least once per week or as directed by your doctor**. The symptoms of wet AMD can quickly get worse, so it's important that you keep track of any changes.

**If you notice anything unusual or similar to the following images, talk to your doctor.**

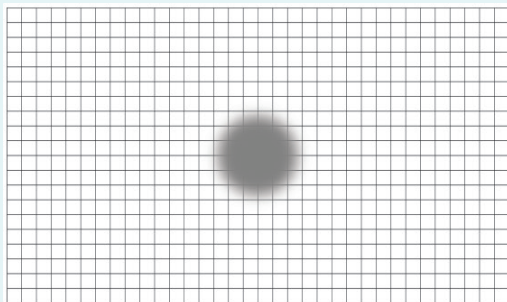
**Normal**



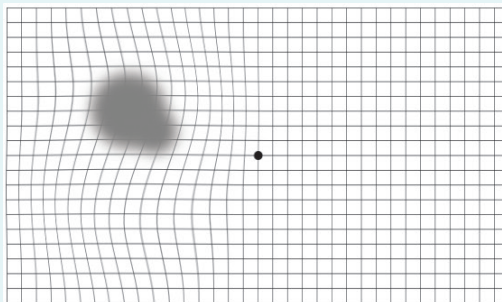
**Wavy\***



**Spots\***



**Combination\***



\*How an Amsler Grid is seen with wet macular degeneration (for illustrative purposes only). (This is not an actual Amsler Grid for monitoring wet AMD – please ask your health care provider where you can obtain an Amsler Grid.)



# Write down the results

Each week, after you check your vision with your Amsler Grid, mark down what you saw below. Call your doctor if you notice any changes.

**Date:** \_\_\_\_\_

**Wavy**

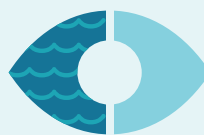
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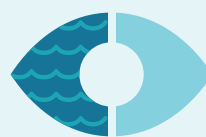
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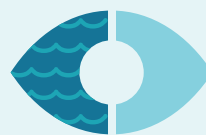
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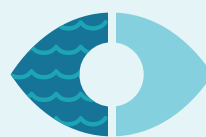
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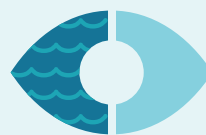
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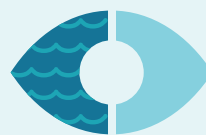
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# My questions

Having questions about your condition and treatment is normal. Your questions are important to establishing an open dialogue with your doctor

## Here are some questions to get you started.

### At home:

- What am I looking for when I monitor my vision?
- Can I monitor my vision more than once a week?
- What can I do to protect my vision now and in the future?
- Can I slow down the progression? And if so, how?
- Are there specific foods that are good for my vision?
- Is it safe for me to drive?
- Should my family get examined for wet AMD?

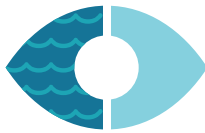
### At your appointment:

- Am I going to go blind and lose my sight completely?
- Why is it important to monitor fluid in my retina?
- How can I preserve my sight?
- Will the injections cause pain and discomfort?
- How can I monitor my vision changes between appointments?
- Will I ever be able to stop treatment?
- Where can I turn for additional support?



*Give this job of living with low vision more effort than you have ever put into anything. It is your most important task right now. It will mean your life as you want it to be.*

*—Dave, MD Support*



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# My notes

## How to use this section

This notes section is whatever you need it to be. Use it while you're at your doctor's office to jot down things you want to remember later. Use it to record a useful tip you hear in your community, or to set personal goals for living with wet AMD.

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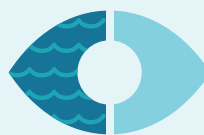
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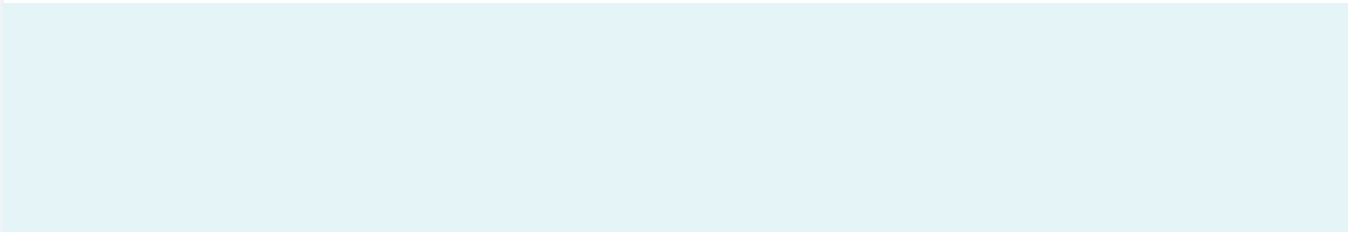
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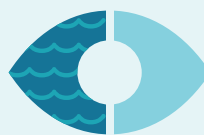
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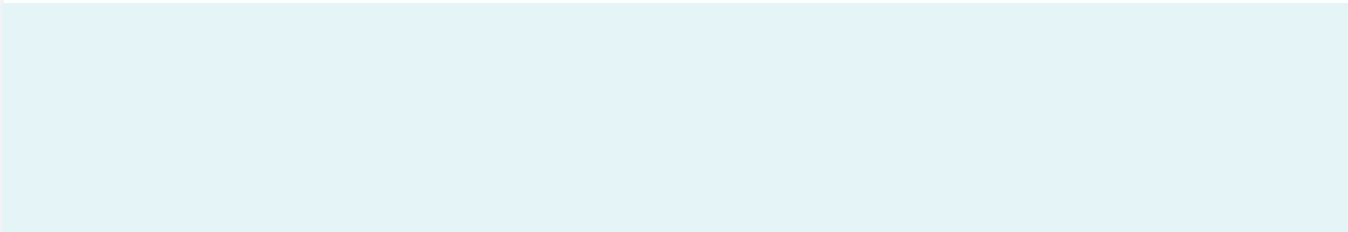
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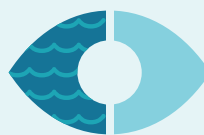
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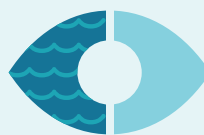
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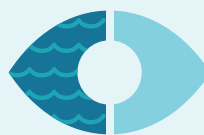
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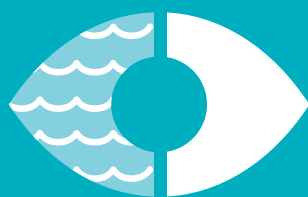
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