How to Reduce Your Risk of Macular Degeneration

While there's no silver bullet for preventing macular degeneration, these lifestyle habits can help you ward off the disease and prevent symptoms from worsening.



Use polarized sunglasses



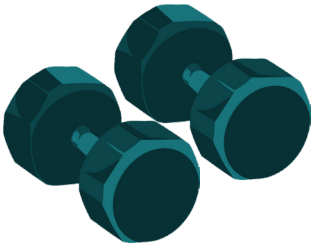
Wear a wide-brimmed hat



Avoid smoking



Eat a nutritious diet



Exercise regularly



Maintain a healthy weight



Stay up to date on vision tests