## Can Macular Degeneration Be Reversed? What the Science Says

If the middle of a menu looks smudged while the person across the table stays clear, that's often how macular degeneration shows up day to day. At Bochner Eye Institute, our team looks for these changes during your eye exam and explains what we find in plain language.

The honest answer is that damage already done to the macula can't be undone. What treatment can do is meaningful: it can slow how quickly things change, and some people with wet AMD may even see part of their vision improve after starting care. Claims about natural reversal don't hold up, though healthy habits do support the vision you have now.

For intermediate dry AMD, the AREDS2 vitamin formula is a common part of care, and newer injection treatments are now available for late-stage dry AMD. Wet AMD is usually managed with anti-VEGF injections on a set schedule, and in select cases, laser therapy. Keeping each appointment matters, since regular treatment is linked with holding onto vision over time.

Leafy greens, omega-3 rich foods, sunglasses outdoors, and not smoking all help. Book an eye exam promptly if straight lines start to look wavy, and stay on top of checkups after age 50 or if AMD runs in your family.

Our team serves patients in Toronto, Scarborough, Unionville, and Oakville with care built around your eyes. To learn more, read our full blog on the topic!