



I have
Macular Degeneration
NOW
WHAT?
Important information from
MD Support

There Is Help

A cure for macular degeneration is still several years away, but relief is available now from much of the **emotional distress** which can often accompany loss of vision.

Feelings of grief, frustration, and anger are to be expected, but they do not have to be overwhelming or long-lasting. The keys to meeting the challenges of macular degeneration are **information and support**, and both are available for free to anyone who visits our **MD Internet Community**. Each month, thousands of people are being helped by the services we offer, and we hope we can help you, too.

Important: If you do not have Internet access, you may still receive the same information in large-print and video.

Whether you visit us on the Internet or contact us by mail, we know that you will benefit by learning about macular degeneration, finding out how to deal with it, and most important, learning that **you are not alone**.

HELP on the INTERNET

If you can access the Internet, everything you need is available at absolutely **no cost** at:

www.mdsupport.org

The **MD Support Internet Community** has become a lifeline for many low-vision people. Here is what is available to the more than 3 million people who visit annually:

- 1. Complete and easy-to-understand information about MD**, including photos, eye tests, a glossary, and a section on basic eye anatomy.
- 2. Over 1600 resource listings** for service organizations, distributors of low-vision aids, vision centers, state agencies, and publishers of large-print reading materials and audio tapes.
- 3. A bookstore** containing more than 85 publications relating to visual impairment.
- 4. Helpful articles on coping**, such as "Fifteen Tips For Family and Friends," and "What Do I Ask My Doctor?"
- 5. Essays, poems, and stories** by visually-impaired people.
- 6. Transcripts** of the MD People's discussion sessions with doctors and other low-vision professionals.

7. A large, complete **reference library** containing more than 100 up-to-date articles on research, treatments, and related topics.
 8. Collections of personal experiences with current **treatments** and **low vision aids**.
 9. Directions to the MD People's **E-mail support group** and **message board**, where hundreds of people communicate daily.
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HELP thru the MAIL

Printouts

If you do not have Internet access, our library articles are available in printouts, which we sell **at cost**. Remember, this is the same material which can be accessed **free** from our web site.

Videos on VHS Tape or DVD Professionally produced by MD Support (Fully-narrated)

- **“Macular Degeneration: The Inside Story,”** is an excellent resource. This 17-minute video uses narration, live action, and 3D animation to help patients and their families understand the disease’s causes, effects, and treatments.
- **“The T.A.S.K. of Living with Central Vision Loss”** is a 45-minute video which explains the four essentials for living successfully with visual impairment: **T**enacity, **A**daptability, **S**upport, and **K**nowledge. This is very important information for the newly-diagnosed patient.
- **“Learning to Live with Low Vision: A Journey Through Rehabilitation”** takes you step-by-step through a patient’s low vision rehabilitation training. Designed for people who would like to learn about this excellent opportunity to improve their lives.

Cost: \$25.00

(includes shipping anywhere)

To receive a free list of printouts available for purchase, call **(816) 761-7080** or write to **MD Support, 3600 Blue Ridge, Grandview MO 64030**. To order a video, mail your check or money order, along with your name and address, to the same location. You may also order either of these resources online at www.mdsupport.org/awareness.html.



MD Support hosts the International Macular Degeneration Support Group, with more than 100 affiliates worldwide. Contact us to find a center near you.

About MD Support

Macular Degeneration Support is a non-profit, world-wide public service organization founded in 1995 to offer assistance to people who are affected by macular degeneration and related retinal diseases.

The director and staff of MD Support are visually-impaired volunteers who work to offer relief from the emotional distress of low vision through both information and human support. MD Support is publicly funded, operating under Section 501(c)(3) of the Internal Revenue Service code, and all profits go 100% into its service activities and operating expenses. Complete information and a financial report are available on the web site.