Understanding Dry AMD



Learn about dry AMD and the importance of starting treatment early

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The 3 stages of dry AMD

Dry AMD is a disease that happens in stages. If left untreated, each stage presents more serious symptoms and eventually can lead to blindness.[1,3]



Early
Presence of small or medium-sized yellow or white spots on the back of one or both eyes



Intermediate
Presence of many medium-sized spots or a large spot

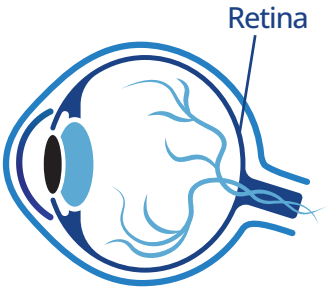


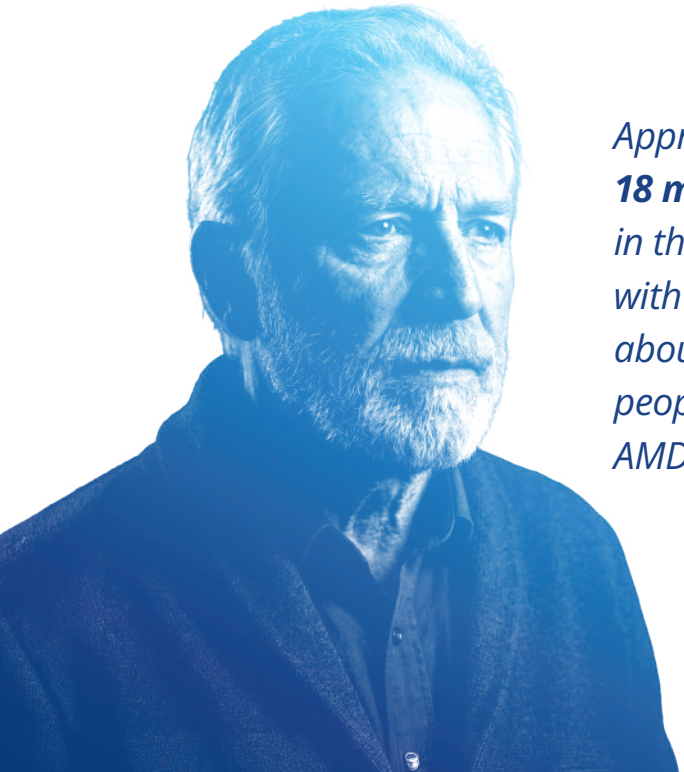
Advanced (geographic atrophy)
Eye tissue slowly wears away, which leads to loss of vision

What is dry AMD?

Dry age-related macular degeneration (AMD) is a progressive and serious eye disease that affects the retina. It can be identified by the presence of small, yellowish deposits called drusen that build up underneath the retina in one or both eyes. Over time, this leads to the breakdown of the retinal cells, eventually leading to vision loss.[1]

The retina is a thin, light sensitive structure in the back of the eye that acts like a sensor. Its job is to capture light and convert it into signals that are sent to the brain.[2]





Approximately ***18 million people*** *in the US are living with dry AMD,*[3] *and about 200 million people live with AMD globally*[4]

Common symptoms of dry AMD

Early dry AMD is often asymptomatic. In the beginning, you may not have any symptoms; however, as the disease progresses, some common symptoms include[1,5,6]:



Blurry vision while reading, driving, or watching TV



Visual distortions, such as straight lines, seem bent



Trouble adjusting to dim light



Colors are harder to distinguish

> ***"Distortion was making it difficult to clearly see things, and I was afraid I wouldn't be able to read sheet music anymore."***
>
> – Actual patient with dry AMD

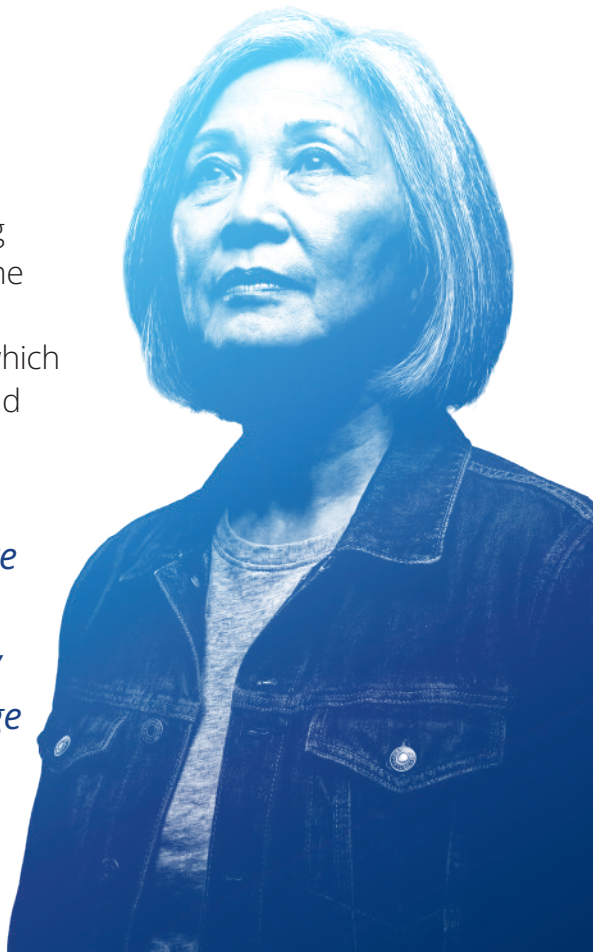
What are some common risk factors of dry AMD?

While the cause is unknown, there are several factors that may increase the risk of dry AMD, which include[5]:

- Age
- Race
- Family history of AMD
- Smoking
- Cardiovascular disease
- Obesity

The impact of dry AMD is real

As dry AMD progresses, everyday tasks such as reading, driving, or walking up and down steps become more difficult, significantly reducing independence, which may lead to depression and feelings of isolation.[7]



For years, there were no FDA-authorized treatments for early to intermediate stage dry AMD.
Now, there's renewed hope.[3]



Take control with **Valeda™ PBM**, the **first and only** FDA-authorized noninvasive light therapy for dry AMD that **improves and maintains vision** at about 2 years.[8,9]

Talk to your doctor about **Valeda™ PBM** or **visit MyValeda.com** to learn more

Results may vary. Consult your doctor to learn more.

Indications for Use

The Valeda Light Delivery System is intended to provide improved visual acuity in patients with best-corrected visual acuity of 20/32 through 20/70 and who have dry age-related macular degeneration (AMD) characterized by:

- The presence of at least 3 medium drusen (> 63 µm and = 125 µm in diameter), or large drusen (> 125 µm in diameter), or non-central geographic atrophy, AND
- The absence of neovascular maculopathy or central-involving geographic atrophy

After about two years, the Valeda Light Delivery System treatment provides improved mean visual acuity of approximately one line of visual acuity (ETDRS) compared to those not receiving the treatment.

Contraindications for Use

As a precaution, patients have not been tested and should not be treated with Valeda if they have any known photosensitivity to yellow light, red light, or near-infrared radiation (NIR), or if they have a history of light-activated central nervous system disorders (e.g., epilepsy, migraine). In addition, patients should not receive treatment within 30 days of using photosensitizing agents (e.g., topicals, injectables) that are affected by 590, 660, and/or 850 nm light before consulting with their physician.

Precautions

It is possible that treatment benefit may not persist significantly after treatment is stopped. The clinical study provided no significant data concerning the safety and effectiveness of the device should treatments be applied more frequently than described in this manual, or if more than 54 total treatments are delivered per eye.

References: 1. Thomas CJ, Mirza RG, Gill MK. Age-related macular degeneration. *Med Clin North Am*. 2021;105(3):473-491. doi:10.1016/j.mcna.2021.01.003 **2.** Koksaldi S, Kayabasi M, Karti O, Saatci AO. Clinical anatomy of the macula. *Med Hypothesis Discov Innov Ophthalmol*. 2025;14(2):17-27. doi:10.51329/mehdiophthal1520 **3.** Boyer D, Hu A, Warrow D, et al. LIGHTSITE III: 13-month efficacy and safety evaluation of multiwavelength photobiomodulation in nonexudative (dry) age-related macular degeneration using the Lumithera Valeda Light Delivery System. *Retina*. 2024;44(3):487-497. doi:10.1097/IAE.0000000000003980 **4.** Wong WL, Su X, Li X, et al. Global prevalence of age-related macular degeneration and disease burden projection for 2020 and 2040: a systematic review and meta-analysis. *Lancet Glob Health*. 2014;2(2):e106-e116. doi:10.1016/S2214-109X(13)70145-1 **5.** Mayo Clinic. Dry macular degeneration. Accessed April 20, 2026. https://www.mayoclinic.org/diseases-conditions/dry-macular-degeneration/symptoms-causes/syc-20350375 **6.** Decleva D, Vidal KS, Kreuz AC, de Menezes PAHL, Ventura DF. Alterations of color vision and pupillary light responses in age-related macular degeneration. *Front Aging Neurosci*. 2023;14:933453. doi:10.3389/fnagi.2022.933453 **7.** Cimarolli VR, Casten RJ, Rovner BW, Heyl V, Sörensen S, Horowitz A. Anxiety and depression in patients with advanced macular degeneration: current perspectives. *Clin Ophthalmol*. 2015;10:55-63. doi:10.2147/OPTH.S80489 **8.** Valeda US Instructions for Use. **9.** Valeda US User Manual 2025.

Valeda™ PBM

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