

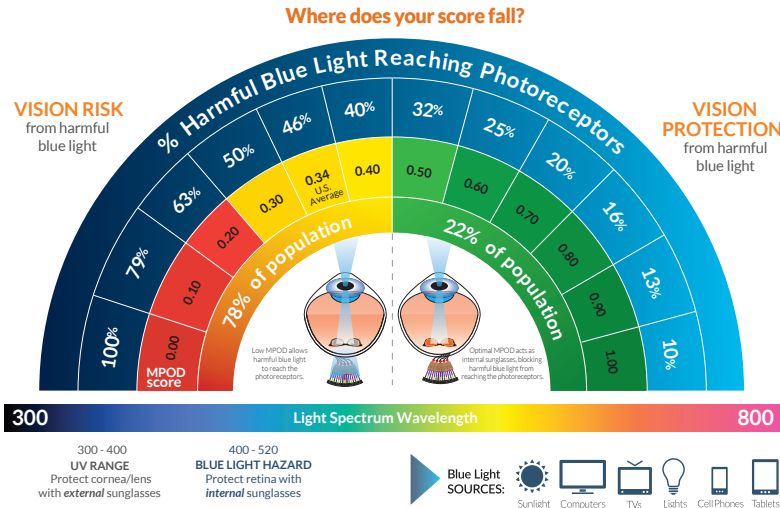


Ocular Nutrition

How Does Your MPOD Measure Up?



Healthy, or dense, macular pigment protects your eyes from blue light damage. Evaluate your risk with macular pigment optical density (MPOD) measurement.



Nutrition plays an important role to help you **SEE YOUR BEST!** At 4Sight iCare, your doctor may prescribe an additional service known as an **MVP (Maximum Vision Protection/Performance)** to enhance protection, performance or both aspects of your vision; this prescription for another eye care service is based on patient history, screening test results, and/or a family ocular history performed at an annual comprehensive eye exam.

MVP (Maximum Vision Protection):

Deficient contrast sensitivity for your age is rectified by increasing your Macular Pigment. Increased Macular Pigment decreases risk of vision loss from a blinding eye disease known as Age-related Macular Degeneration (AMD). An MVP for protection is prescribed when you perform worse than normal on the contrast sensitivity screening performed on 14 and up, report a family history of AMD, or show an interest in reducing risk of vision loss from the most rapidly growing blinding eye disease in the United States.

MVP (Maximum Vision Performance):

Should you want to improve your macular pigment to better than normal we know the side effect of reducing risk of vision loss from AMD improve visual function. The visual function improvements that happen when you increase your macular pigments include: faster reaction time (visual processing speed), better color discrimination (cone sensitivity), improved contrast sensitivity (better night time driving), and reduced glare and light sensitivity (less bothered by head lights or direct sunlight).

Every MVP visit includes a consultation reviewing the results of these additional tests: 20/100 Pelli-Robson Contrast Sensitivity, functional Glare Recovery, MPS II MPOD (Macular Pigment Optical Density) measurement, and analysis of an “Eye Foods” questionnaire designed to prompt discussion of the eye foods as well as food preparations that maximize absorption of the macular pigments. Patients over 50 will also perform a \$58 Dark Adaptation test to identify AMD at its earliest possible stage. You may choose to improve your Macular Pigment by making dietary changes, supplementing intake with a vitamin, or both; but the purpose of each MVP visit is to prescribe the right vitamin(s) and monitor the effects of the plan over time to help you **SEE YOUR BEST!**