

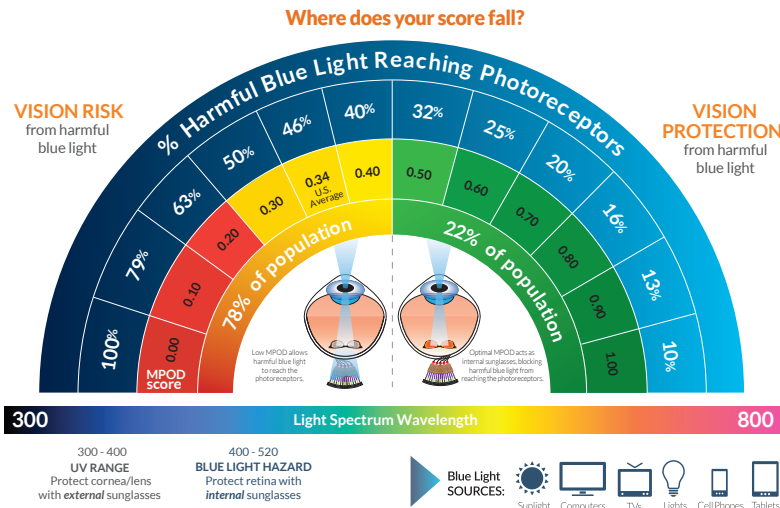


Ocular Nutrition: MVP

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 an eye care service beyond normal 20/20 is based on patient symptoms, test results, and/or family ocular history at an annual comprehensive eye exam.

(P is for Protection):

Deficient contrast sensitivity for your age is rectified by increasing your Macular Pigment or in some cases moving forward with cataract extraction surgery. 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 struggle with contrast sensitivity, report a family history of AMD (it is a hereditary condition) have been followed medically for cataracts, or show an interest in reducing risk of vision loss from the most rapidly growing blinding eye disease in the U.S.

(P is for 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 is improved 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 and clarity), improved contrast sensitivity (better night time vision), and reduced glare recovery and light sensitivity (less bothered by intense vehicle headlights or direct sunlight). That's why EyePromise makes the most common eye vitamin used by professional athletes (MLB, PGA, NFL) to enhance their performance on the field.

Every MVP visit includes a consultation reviewing the results of these tests: 20/100 Pelli-Robson Contrast Sensitivity, functional Glare Recovery, 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 in your diet. Whenever possible, patients 44+ will also perform a 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 is to prescribe the right supplement(s) and monitor the effects of our plan over time to help you **SEE YOUR BEST!**