

MACULAR Pigment Optical Density Test

Please read and a staff member will discuss with you.

We offer the most advanced technology to help our patients safeguard their eye health. As part of your eye exam, we recommend a macular pigment optical density (MPOD) measurement. Though insurance does not pay for this test, we strongly encourage you to take this opportunity to identify a key risk factor for age-related macular degeneration (AMD.)

WHY TEST MPOD?

- Measures thickness of protective macular pigment in the retina.
 - The denser the pigment, the more protection you have in place to preserve your vision.
- Identifies key risk factor for age-related macular degeneration (AMD).
 - AMD is a leading cause of vision loss in the U.S., affecting as many as 11 million people.
- Identifies risk of harmful blue light damage
 - Macular pigment is the eye's natural defense against harmful blue light from sources such as sunlight, energy efficient lightbulbs (CFLs and LEDs), and digital screens (flat screen TVs, computers, tablets, smartphones, etc.)

WHO SHOULD HAVE THEIR MPOD TESTED?

- Patients 30 years old and above.
- Patients with one or more AMD risk factors:
 - Family history of AMD
 - Light-colored eyes and/or skin
 - Current or former smoker
 - Low vegetable intake
 - Female

I want the MPOD screening test. **\$15.00**

I do not wish to have an MPOD screening test.

I want to discuss further with my doctor.

Patient name _____

Date _____

PLEASE PRINT