

MY TREATMENT RECORD

My Valeda Treatment

You have been prescribed the Valeda Light Delivery System because you have been diagnosed with dry age-related macular degeneration (AMD). Please keep this sheet and bring it to every treatment session.



Patient Guides

9

SESSIONS PER COURSE

3–5

WEEKS PER COURSE

<5

MINUTES PER EYE

4

MONTHS BETWEEN COURSES

WHAT IS VALEDA TREATMENT?

ABOUT AMD

AMD is a progressive disease of the retina and the leading cause of vision loss in people over 65. There is currently no cure. Valeda treatment may improve your vision now and in the future. Retinal imaging shows improvement in drusen — the protein deposits characteristic of dry AMD.

- Dry form accounts for **85–90%** of all AMD cases
- Wet form accounts for **10–15%** of all AMD cases

HOW VALEDA WORKS

Valeda uses photobiomodulation (PBM) — specific wavelengths of low-level light therapy — to stimulate energy production within the eye's cells, improving cellular health.

After approximately 2 years, treatment provides an improvement in mean visual acuity of approximately **one line on the ETDRS chart** compared to untreated patients.

BEFORE · DURING · AFTER

BEFORE Remove glasses or contact lenses. No drops or injections needed.

DURING Sit comfortably in front of the device. Under 5 minutes per eye. Your technician guides every step.

AFTER A brief afterimage (photostress) may occur — resolves in 15–30 seconds. Normal activities resume immediately.

CONTRAINDICATIONS

- Known photosensitivity to yellow, red, or near-infrared (NIR) light
- History of light-activated central nervous system disorders (epilepsy, migraine)

- Use of photosensitizing agents within the past 30 days (590, 660, and/or 850 nm)

Please inform Dr. Benjamin about all topical or injectable medications before starting your treatment course.

VALEDA INDICATIONS FOR USE

Intended for patients with best-corrected visual acuity of 20/32 – 20/70 and dry AMD characterized by:

- Presence of ≥ 3 medium drusen (>63 and ≤ 125 μm) or large drusen (>125 μm), or non-central geographic atrophy
- Absence of neovascular maculopathy or center-involving geographic atrophy

TREATMENT INFORMATION

PREPARATION

No special preparation required. Remove glasses or contact lenses before each session. No eye drops, medications, or injections are used. There is no discomfort during or after treatment.

SAFETY PROFILE

No treatment-related side effects were observed in clinical trials. Valeda is FDA authorized and available by prescription only. Manufacturer: LumiThera, Inc.