

# STARS<sup>®</sup>

Simplified Théa AMD Risk assesment Scale

		Marks
Gender	Male	<input type="checkbox"/> 0
	Female	<input type="checkbox"/> 1
Age (years)	< 65	<input type="checkbox"/> 0
	65-74	<input type="checkbox"/> 2
	75-85	<input type="checkbox"/> 4
	>85	<input type="checkbox"/> 9
Ethnic origin	Caucasian	<input type="checkbox"/> 0
	North-African	<input type="checkbox"/> 5
Family history of AMD (brothers, parents)	Yes	<input type="checkbox"/> 7
	No	<input type="checkbox"/> 0
BMI (kg/m <sup>2</sup> )	BMI < 25	<input type="checkbox"/> 0
	BMI between 25 and 30	<input type="checkbox"/> 1
	BMI > 30	<input type="checkbox"/> 2
Smoker	Never smoked	<input type="checkbox"/> 0
	Current smoker	<input type="checkbox"/> 2
	Former smoker (interrupted by less than 10 years)	<input type="checkbox"/> 3
	Former smoker (interrupted for over 10 years)	<input type="checkbox"/> 2
History of Arterial hypertension		<input type="checkbox"/> 3
History of Myocardial infarction		<input type="checkbox"/> 3
History of Hypercholesterolemia		<input type="checkbox"/> 2
History of atherosclerosis		<input type="checkbox"/> 4
Cataract surgery	Yes	<input type="checkbox"/> 5
	No	<input type="checkbox"/> 0
Refractive errors	Myopia	<input type="checkbox"/> 2
	Hyperopia	<input type="checkbox"/> 5
Iris colour	Dark	<input type="checkbox"/> 0
	Light	<input type="checkbox"/> 0

Your score :

When you have your score, get closer to your ophthalmologist

**Score 0-9: Low risk for AMD**

**Score 10-19: Moderate risk for AMD**

**Score > 20: High risk for AMD**

## EXPLANATION OF CERTAIN SCIENTIFIC TERMS:

- **BMI:** The body mass divided by the square of the body height ( $\text{kg}/\text{m}^2$ )
- **HYPERTENSION** is high blood pressure.
- **MYOCARDIAL INFARCTION** (MI) death of the cells of an area of the heart muscle as a result of oxygen deprivation: A heart attack (myocardial infarction) is usually caused by a blood clot, which stops the blood flowing to a part of your heart muscle.
- **HYPERCHOLESTEROLEMIA** refers to levels of cholesterol in the blood that are higher than normal.
- **ATHEROSCLEROSIS** is a condition affecting large- and medium-sized arteries. It leads to the formation of atherosclerotic plaques which may eventually disrupt the blood flow to target organs.
- **MYOPIA** is a short-sightedness. Short sight leads to blurred distance vision, but close vision is usually normal.
- **HYPEROPIA** is a long-sightedness or hypermetropia. Long sight leads to problems with near vision, and the eyes may commonly become tired. Distance vision (long sight) is, in the beginning, often clear.