

Travel Expert Unveils Top 10 “Must See” Sights For Seniors

Host of Public Radio’s *The Savvy Traveler* Names Eye Doctor As Number 1 Stop

(NAPSA)—Rudy Maxa, the host of public radio’s *The Savvy Traveler*, has joined the fight against age-related macular degeneration (AMD)—which is the leading cause of blindness in adults over 50. With today’s release of his top 10 Must See U.S. sights for active, older adults, Maxa proclaimed his Number 1 stop as the eye doctor.

A recent national survey of active, older adults (over the age of 50) confirmed that more than 50 percent consider traveling during retirement or semi-retirement a priority. However, a large number of those surveyed have not been to many of America’s most famous sights. More importantly, *over 25 percent of Americans in this age group have not seen their eye doctor in the last 18 months, or more.*

“Regular eye exams at least every two years are critical,” said Maxa, who is heard on 164 public radio stations nationwide. “I have spent my career sightseeing and bringing travel advice to travelers—and a huge part of my audience is over 50. I think it is crucial for these traveling older adults to maintain healthy eyesight so they can enjoy this country’s spectacular sights. After all, what good are wonderful sights without healthy eyes to enjoy them?”

Maxa defines a “Must See” sight as an experience that should not be overlooked in one’s lifetime. The adults surveyed ranked the following nine sights in the order they would like to see them, but Maxa named the eye doctor as the number one sight for adults over



The Golden Gate Bridge as seen by someone with age-related macular degeneration.

50. Maxa’s top 10 list:

10. St. Louis Arch
9. Golden Gate Bridge
8. Mt. Rushmore
7. The Alamo
6. Niagara Falls
5. Statue of Liberty
4. Yellowstone National Park
3. White House
2. Grand Canyon
1. Your Eye Doctor

Regularly scheduled eye exams are critical because of age-related eye diseases such as cataracts, glaucoma and the lesser-known AMD. Approximately 13 million Americans are affected by AMD *yet 7 out of 10 Americans are not familiar with this disease.* AMD causes progressive loss of central vision leaving only peripheral vision intact. The more serious “Wet” form of AMD strikes with alarming speed and results in rapid vision loss, which makes daily activities such as driving and sightseeing nearly impossible.

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