



# MACULAR DEGENERATION NEW ZEALAND

**We are here to  
help you with:**

- Awareness
- Education
- Support

**0800 MACULA  
0800 622 852**

**[info@mdnz.org.nz](mailto:info@mdnz.org.nz)  
[www.mdnz.org.nz](http://www.mdnz.org.nz)**

## Do you know:

- Diet
  - Nutrition
  - Smoking
- all effect your  
eye health?
- 



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DEGENERATION  
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**Contact us  
to find out  
how we  
can help.**

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