

The Role of Nutrition in Reducing AMD-linked Vision Loss

Age-Related Macular Degeneration (AMD) is an acquired vision disorder and, together with cataracts, a leading cause of legal blindness in the over 60s. Since AMD affects the central part of the retina (macula), which is responsible for acuity of vision, many activities, including reading, writing, sports and driving can become extremely difficult tasks for sufferers to perform. What part, then, can nutrition play in relation to this eye disease? Given that approximately 10 million Americans suffer from early onset AMD and half-a-million from significant loss of vision due to late-stage AMD, the question is an urgent one. The disease's severity and irreversibility adds to the urgency. Research has suggested that AMD develops with the reduction of pigment in the macula. This retinal layer plays a dual role: it filters out harmful blue wavelengths of light and mops up free radicals found in large concentrations in this area. Free radicals damage the cell membranes and the macular pigment. The theory goes that nutrition, in particular certain antioxidant compounds, can reduce the harmful effects of free radicals and, as a consequence, may act to slow the progression of AMD. A recent large clinical trial conducted by the National Eye Institute (NEI) supports this theory. Let's examine its methods and findings. The effect of a high dose antioxidant, vitamin combination (C & E) plus zinc, was tested on participating patients with advanced signs and symptoms of AMD. The doses tested were as follows:

About the Author

Offers sports nutrition and body building products, vitamins, herbs, diet products, whey protein, soy protein, bars, and creatine.

Source: <http://www.productsherbal.com>