

Macular Degeneration

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Supplements

Research has been in formulations with:

Vitamin C: 500mg

Vitamin E: 400IU

Beta-carotene: 75mg

Zinc – 80mg

Copper – 2mg

Reduced progression to advanced AMD by 25%

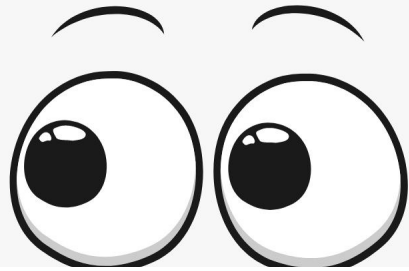
AREDS results

AREDS: Risk reduction for each formulation, compared to placebo

Result	Antioxidants, zinc + copper (AREDS formula)	Zinc + copper	
Progression from intermediate to advanced AMD	25%	21%	1
Vision loss	19%	11%	1
Cataract surgery	-	-	-



Lets



at the evidence

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Systematic Review

Adherence to the Mediterranean-Style Eating Pattern and Macular Degeneration: A Systematic Review of Observational Studies

by Annalisa Gastaldello ^{1,†} , Francesca Giampieri ^{1,2,*,†} , José L. Quiles ^{1,3} ,
María D. Navarro-Hortal ³ , Silvia Aparicio ^{1,4} , Eduardo García Villena ^{1,5} ,
Kilian Tutusaus Pifarre ^{1,5} , Rachele De Giuseppe ⁶ , Giuseppe Grosso ⁷ , Danila Cincios
Tamara Y. Forbes-Hernández ³ , Seyed M. Nabavi ⁹  and Maurizio Battino ^{1,8,10,*} 

- Rich in antioxidants such as lutein, zeaxanthin, and vitamin C and E
- Higher adherence to the Med diet decreased the odds of developing NvAMD(wet) by almost 50%
- 2 case-control studies found a high mediSCORE was associated with a lower prevalence of AMD (–27% and –38%, respectively)
- Higher aMED score decreased the risk of progression of AMD by 36%

on

Meta-Analysis

> [Nutr Rev.](#) 2023 Mar 10;81(4):428-440. doi: 10.1093/nutrit/nuac067.

Linkage between a plant-based diet and age-related eye diseases: a systematic review and meta-analysis

Cristina Cirone ¹, Katrina D Cirone ², Monali S Malvankar-Mehta ³

Affiliations + expand

PMID: 36102832 DOI: [10.1093/nutrit/nuac067](#)

30% reduction in incidence from:

- Regular consumption of fish (at least 1/week)
- Regular consumption of skim milk and poultry and non-meat animal products

40% increase in incidence from:

- Regular red meat consumption (more than 1/week)





> [Clin Nutr.](#) 2020 Feb;39(2):580-584. doi: 10.1016/j.clnu.2019.03.009. Epub 2019 Mar 16.

Consumption of eggs and the 15-year incidence of age-related macular degeneration

Bamini Gopinath ¹, Gerald Liew ², Diana Tang ², George Burlutsky ², Victoria M Flood ³, Paul Mitchell ²

Affiliations + expand

PMID: 30914217 DOI: [10.1016/j.clnu.2019.03.009](#)

Participants who consumed 2-4 eggs/week versus ≤ 1 egg/week at baseline had 62% reduced risk of developing neovascular AMD. Among those whose AMD onset was at or before the 10-year follow-up, consumption of 2-4 and 5-6 eggs/week was associated with 54% and 65% reduced risk of incident late AMD, respectively.

> [JAMA Ophthalmol.](#) 2015 Dec;133(12):1415-24. doi: 10.1001/jamaophthalmol.2015.3590.

Intakes of Lutein, Zeaxanthin, and Other Carotenoids and Age-Related Macular Degeneration During 2 Decades of Prospective Follow-up

Juan Wu ¹, Eunyoung Cho ², Walter C Willett ³, Srinivas M Sastry ⁴, Debra A Schaumberg ⁵

Affiliations + expand

PMID: 26447482 PMCID: [PMC5119484](#) DOI: [10.1001/jamaophthalmol.2015.3590](#)

Higher intake of bioavailable lutein/zeaxanthin is associated with a long-term reduced risk of advanced AMD.

Risk reduction for advanced AMD of about 40% in both women and men eating the highest amount of dietary lutein and zeaxanthin

Rockmelon
Pasta
Corn
Carrots
Red/yellow capsicum
Fish
Salmon
Eggs
Kale
Parsley
Basil
Leek
Spinach
Broccoli
Freekeh
Egg noodles
Corn tortilla
Pistachios

**EVOO