

Vitamin D and Age related macular degeneration

Newspapers often report new and early findings of research and may extrapolate such results to every day clinical practice. Patients may also be keen to infer benefits where they have yet to be proven in rigorous clinical trials. Thus while Newspapers are great to bring to our attention new research and ideas one must be very cautious about such claims.

One current topic is Vitamin D and Age related macular degeneration which is doing the newspaper rounds.

A beautiful and the best sensible summary of the situation is to be found at

http://www.haylingtoday.co.uk/news/nhs-headlines/vitamin_d_may_boost_eyesight_1_3428739

A quote from here is

“Published on Monday 23 January 2012 11:52

“More vitamin D a day could keep glasses away,” according to The Independent. The newspaper reported that “boosting vitamin D intake could help to prevent age-related diseases, in particular loss of vision and blindness”. Unfortunately, this article and others have inferred too much from the results of a very small, short-term laboratory study of eye-ageing problems in animals.”

Currently the AREDS trial and AREDS II formula has AREDS I undergone randomised clinical trials showing benefits which is what we recommend in patients with proven and significant Age related macular degeneration. However no trials show benefit to the general population without Age related macular degeneration.

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