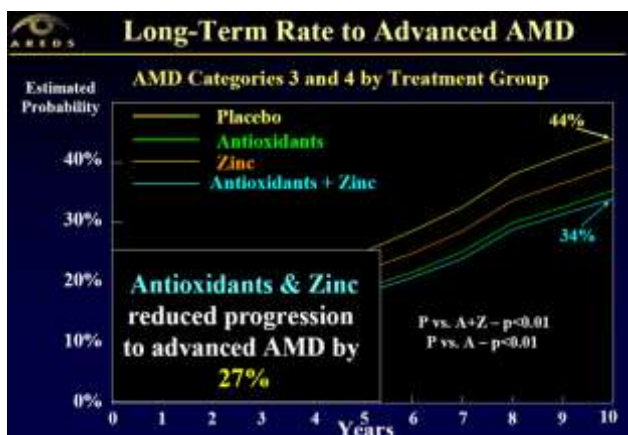


Age Related Macular Degeneration

Mr Lee

Vitamin Supplementation – Current recommendation is “Viteyes II”

This has all 3 of the vitamins below know to be of benefit in AMD in one Capsule.



3 Types acting at different levels

1. Retinal Photoreceptor Protection

Results from the long-anticipated AREDS study, published in the October 2001 issue of Archives of Ophthalmology, show that taking supplements containing high levels of antioxidants and zinc



significantly reduced the risk of advanced age-related macular degeneration (AMD). This study has now been extended to 10 years with continued benefit, The second study AREDS II is completed and reported in May 2013. This second study found no benefit of Omega 3 being added but some benefit for Lutein.

Thus the recommendation from both studies is to use PreserVision Lutein. One product, MacuLEH is now on the NHS Drug Tariff, although most areas still will not prescribe under the NHS due to these being vitamin supplements.



2. “Viteyes 2” Beta-Carotene Free is a UK product that meets fully the AREDS II recommendations. Available direct from Viteyes <http://www.butterflies-eyecare.co.uk/> Tel 0333 700 6724.

3. Macushield Gold from the popular range of Lutein Macushield products. They use a lower does of Zinc at 25mg which is better tolerated by some people.

<http://www.macushield.co.uk/>

Tel.: +44 (0)121 506 9282



NHS Option. In Hillingdon and Harrow an option General Practitioner’s seem to be able to use to meet the AREDS II formulation is to prescribe:

1. PerserVision Lutein two Gels per day

A Recent Royal College Of Ophthalmology Focus report also does recommends the use of AREDS Vitamin formulations.

Nutrof® Total Drink - The only drinkable eye nutritional by Thea

For those that cannot take tablets this is a drink that is rich in the AREDS vitamins and is an alternative. It is distributed from Spectrum in the UK on 0845 521 1290.

Web site is www.spectrum-thea.co.uk



VitEyes Original Formula Powder. This AREDS I formula vitamin supplement for Age related macular degeneration is the same as their tablet preparation or PreserVision Original Gels but is in a powder which one mixes with water to drink. It is a once a day preparation. To make this up to AREDS II Formulation one would need to add Omega 3 fish oils and Lutein. Both are available in liquid or spray form if taking tablets is an issue. (though some difficulty has been experienced but are available on line or via mail order.

www.viteyes.co.uk/acatalog/Viteyes_II.html. Tel: 0845 838 6724)

MacuStrip – NO tablets – Just a strip

This is part of Nano-Pharmacology where by the vitamins are coated with nano particles to enable them to dissolve under the tongue. The first to be commercially produced, and I have tried them myself in America is “MacuStrip”. These thin strips allow the vitamins to dissolved in the mouth. No large pills to swallow. Currently only available in the USA but should come across to the UK in due course.

<https://www.macularhealth.com/product/macustrip-premier/>

On sale around \$59.95 per 3 month pack.

Toll Free: 1-800-980-6551

Fax: 205-608-0955

Web: www.MacularHealth.com

Email: customerservice@macularhealth.com

It is now available from Amazon.com (US Site but can mail to UK) for about \$22.5 per pack.



Zinc Free preparation

Viteyes have a new preparation that has no zinc but has the other AREDS components. This is useful for those that cannot take zinc eg anaemic patients or those intolerant of zinc and can still have the benefits , although reduced benefits, of the AREDS formulation.

2. OMEGA 3 Fish oils – Anti-Inflammatory

Increasingly interest in this area at present. These fatty acids are mainly found in fish and nuts. These fatty acids have anti-inflammatory properties and may be anti-angiogenic, which may



mean that they protect against the formation of the new blood vessels found in the wet form of AMD. A number of studies have found a reduced risk of AMD in patients who have diets rich in omega-3 poly-unsaturated fatty acids.

However the new AREDS II trial did not find any additional benefit from taking Omega 3 with the PreserVision Lutein.

EyeBar from Altacor (01223 421411)

Is a 12g chocolate bar containing the AREDS Vitamins. 2 Bars a day give a balanced AREDS formulation of vitamins. Especially for chocolate lovers!

Protect your eyes form direct sunlight by wearing UV Sunglasses/ shields and a brimmed hat/cap. Eg. Sunshield Wraparounds 100% UVA/B Brown NOT blue Sunglasses.

General advice.

There is no one answer to the correct Vitamins to take. But generally accepted to be recommended by retinal specialist worldwide.

1. Eat a Healthy diet that includes at least 5 portions of fruit or vegetables per day
2. Stop smoking is as always good advice as Smoking has been shown to increase the risk of Age related macular degeneration.
3. Check your vision every 2 weeks in each eye by covering one eye and then the other. If you notice any change, distortion of straight lines etc.. then have your eyes reviewed by your optometrist or 4. Ophthalmologist. Often People use Amsler chart to do this, but any change of vision should be checked out.
4. Have a regular check with your Optometrist or Ophthalmologist at least once a year.