Insights & inspiration

Macular carotenoids and age-related macular degeneration

- The causes of AMD are oxidative stress and cumulative blue light damage
- Prevention is key. Although anti-VEGF treatment can be successful in wet AMD, issues with complications, timing and cost remain
- Established factors in AMD are age, smoking and family history. Possible factors include diet, light exposure, obesity, cardiovascular disease and low macular pigment levels
- Nutrition and macular pigment are important across the whole lifespan
- Identify at risk individuals and introduce preventative measures before macular changes appear. The number one recommendation is not to smoke
- Use Sightrisk www.sightrisk.com to gather information on risk factors and produce a customised prevention plan
- A healthy, balanced diet is important for general eye health and helps protect against age-related eye disease
- Make sure any dietary supplements you recommend are supported by science and by safety data

Use this in your practice to:

- Update your knowledge of modifiable risk factors in AMD
- Take a preventative approach to AMD by advising patients on lifestyle changes and other risk reduction measures from an early age
- Recognise the role of macular pigment in AMD development and progression
- Give patients accurate advice on diet and dietary supplements

Recommended reading suggested by Dr. John Nolan


