

Which nutritional supplement do we recommend?

Preparations containing the exact AREDS2 formula include:

PreserVision® AREDS2 Formula (Bausch + Lomb, 2 per day)

MacuShield Gold® (Alliance Pharmaceuticals, 2 per day)

Viteyes 2® Softgels or Capsules (Vitamin Health, 2 per day)

MacuLEH® (London Eye Hospital Pharma)

There are other preparations available which also contain the AREDS2 formula and this list is not exhaustive.

Finally, stopping smoking alone reduces the risk of AMD significantly. For support with stopping smoking, contact your GP or find your local Stop Smoking Service.

Alternatively, call the Smokefree National Helpline Number on 0300 1231044.

How can I reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance of every ward before coming into or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using hand sanitiser. Staff will let you know if this is the case.

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Nutrition and Age-related Macular Degeneration (AMD)

A healthy diet is an important part of looking after your eyes

Patient Information Leaflet

If you require a translation or an alternative format of this leaflet please call Nicole Ging on 01494 734873.

Safe & compassionate care,

every time

“If you eat a healthy diet, with at least five portions of fruit and vegetables a day, you should not need a nutritional supplement” –
Macular Society

Why is a healthy diet important?

The causes of age-related macular degeneration (AMD) are not fully understood but we know that a healthy and varied diet can help protect the macula from harmful effects of ageing.

Antioxidant vitamins, such as **Vitamin A, C and E** are helpful, as are carotenoids called **Lutein** and **Zeaxanthin**. Carotenoids are yellow plant pigments, which give certain foods their colour. They are also abundant in the macula, and act as a sunblock to protect the eye from blue and UV-light.

The human body cannot make **Lutein** or **Zeaxanthin**, they have to be eaten. We recommend the following fruit and vegetables to help with increasing your intake of **Lutein**.



Kale



Broccoli



Spinach



Sweetcorn



Red or orange peppers



Leeks

Eggs are an excellent source of **Lutein** and **Zeaxanthin** too.

Research has shown that light cooking, or cooking with oil or butter, may improve the absorption of **Lutein**.

Zeaxanthin is found in most orange and yellow fruit and vegetables, most of which contain **Vitamins C and E** too.

Can I take nutritional supplements instead?

A large study, the **Age-Related Eye Disease Study 2**, found that a nutritional supplement containing the **AREDS2 formula** can slow down the progression of AMD in some patients.

The AREDS 2 formula:

Vitamin C	500mg
Vitamin E	400IU
Copper	2mg
Lutein	10mg
Zeaxanthin	2mg
Zinc	25mg

These supplements are particularly helpful if you have:

- A retinal condition called drusen (yellow dots under the retina).
- Wet AMD in one eye but good vision and dry AMD in the other eye.

The supplements are not helpful if you have active wet macular degeneration or advanced AMD in both eyes.