

DIET AND AGE-RELATED MACULAR DEGENERATION (AMD)

Macula is that part of retina in our eyes which is responsible for all of our central vision. There are many diseases which affect macula, but the most common is Age Related Macular Degeneration (AMD) affecting people age 50 and older. Although timely treatment can save vision, there are certain modifiable factors, identifying which can help prevent AMD.

DIET AND AMD

Retina is highly susceptible to oxidative stress – the imbalance between free radicals and the body's ability to counteract its harmful effects through antioxidants. Researchers have found that people with intermediate AMD can reduce the risks of advanced AMD by 25 per cent by adding antioxidants and minerals like vitamin C, vitamin E, beta carotene, zinc, copper and omega-3 fatty acid to their diet.

BENEFICIAL FOODS

Green leafy vegetables like spinach, beans, fish, whole grains, unpolished rice, fruits, nuts and goat liver are best sources of minerals that could help inhibit the progression of AMD.

HIGH GLYCAEMIC INDEX (GI) AND AMD

Glycaemic Index (GI) is a value assigned to foods on the basis of their capability to raise blood glucose level. On a scale of 0-100, foods are ranked as having low or high Glycaemic Index. Foods low on the GI scale release glucose slowly and progressively while those with high GI value release glucose rapidly in the bloodstream.

Studies prove that diet with a high Glycaemic Index is a risk factor for AMD, whereas low GI foods may help reduce the risks of AMD.

HIGH GLYCAEMIC INDEX (GI) FOODS

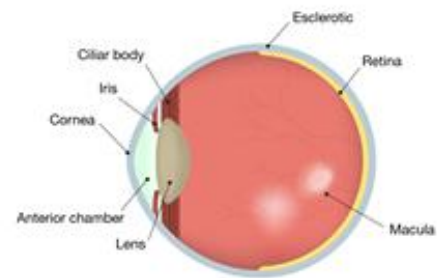
Foods with GI >70 include white rice, white bread, potatoes and watermelon. Diet rich in these foods may lead to AMD progression.

LOW GLYCAEMIC INDEX (GI) FOODS

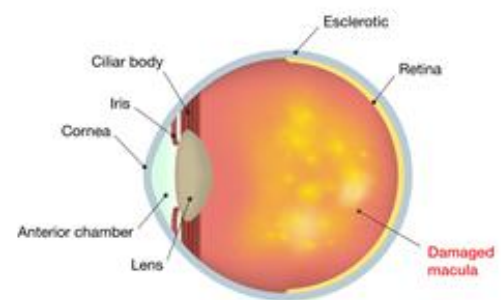
Foods falling in low GI category include milk, yogurt, lentils, chickpeas, beans, nuts, carrots, apple and pear. Foods rich in these may help prevent AMD.

To find out more about the glycaemic values of foods, kindly refer the link below in the reference box.

Healthy Eye



Eye with AMD



References:

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<http://nuasupplements.com/range-products/nuadha-vision/amd/?lang=en>