



TWOP News

TWOP News exclusively delivering informations, ideas and connects people in The World of Optometry



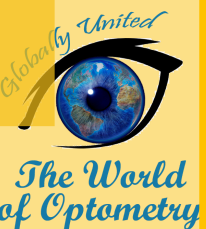
The

World of optometry

EFFECTS OF SMOKING

ON AGE-RELATED

MACULAR DEGENERATION



@theworldofoptometry



TheWorldofOptometry



TheWorldofOptometry

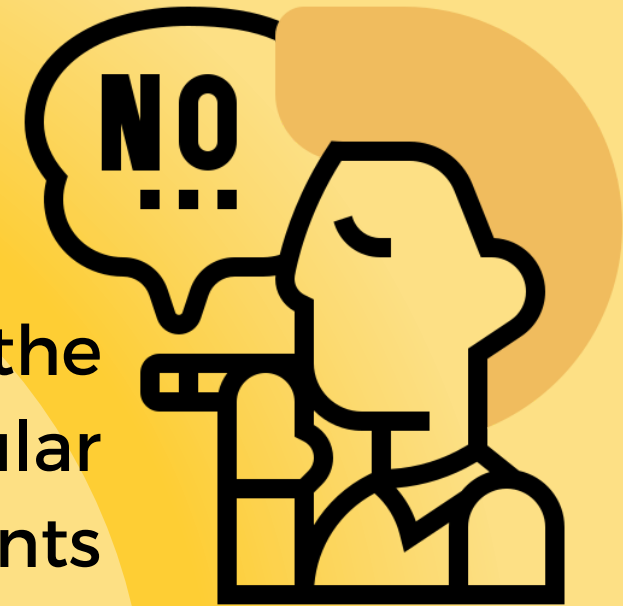
#TwopNews

Introduction

In vision terms, smoking is one of the leading causes of age-related macular degeneration (AMD), where most patients will experience irreversible loss of central vision.

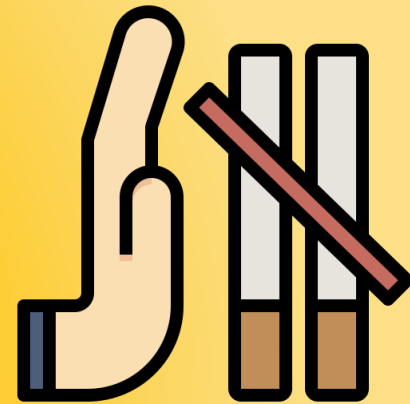
Habitual smokers are reported to be:

- 4 times more likely to have AMD and develop 10 years earlier than people who have never smoked.



Mechanism

- Many of the existing chemicals in tobacco smoke such as arsenic, formaldehyde and ammonia are toxic, which can be transported to the delicate tissues of the eye through the bloodstream, which cause damage to the structure of the cells.
- The tar in cigarette smoke is likely to contribute to the formation of drusen.
- Inhaling cigarette smoke speeds up the ageing process by increasing free radical activity which reduces the body's ability to regenerate cells.



Mechanism

Normal Macula

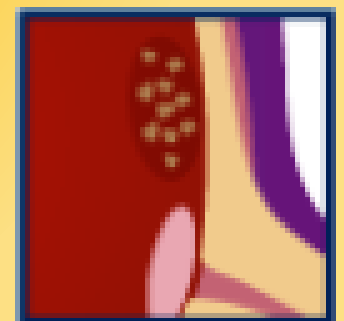
- This reduces the amount of oxygen that is transported to different parts of the body, including the eyes.
- Smoking reduces the absorptive effectiveness of antioxidants and may reduce the levels of lutein in the macula, in turn a high risk of AMD development in such patients.



AMD



AMD



Way of Prevention

There is no direct way to treat dry AMD according to the current literature and clinical trials. However, patients with drusen and serious vision loss can benefit from nutritional supplements. A large-scale study (AREDS and the later AREDS2 study) found that patients may slow the progression of dry AMD by taking vitamins and minerals daily such as:

- Vitamin C (500 mg)
- Vitamin E (400 IU)
- Lutein (10 mg)



Way of Prevention

- Zeaxanthin (2 mg)
- Zinc (80 mg)
- Copper (2 mg)

It is recommended that all AMD patients with a certain number of drusen take AREDS2 formula vitamins twice a day. It is noted that not all the AREDS formula contains beta carotene, because cigarette smoking increases the risk of lung cancer, and the risk is even higher among people taking high levels of beta-carotene.

#TwopNews

Benefits of quitting smoking

- Health and wellness will improve the moment one stops smoking and lowers the risks of lung cancer and respiratory related illness.
- Families will be saved and free from passive smoking.
- One will save more money from quitting smoking as average smokers reportedly spent £2,000 a year on cigarettes.



DRAG TO THE SIDE
DRAG TO THE SIDE

#TwopNews



Wow, what a cool content



Leave your comments



Share with friends



Save, to consult in the future

The World of optometry



The World of Optometry



@theworldofoptometry



TheWorldofOptometry



TheWorldofOptometry