

# TWOP

## Eye Health and Nutrition



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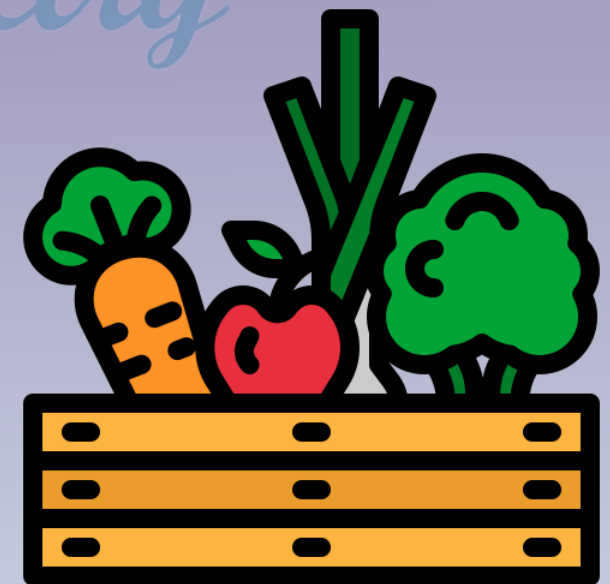
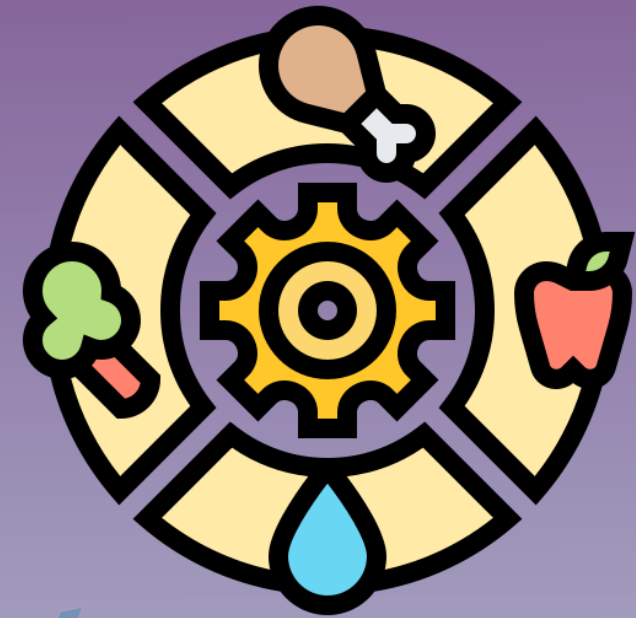
# Global Impact of Sight loss

- Globally 250M people suffer from some form of vision loss
- Major causes: cataract, AMD, glaucoma, and diabetic retinopathy.
- Older people are affected more.
- With a rising aged population, rise in vision problems likely to be proportionate.



# Why are Nutrients important for the eyes?

- Eyes are highly perfused with blood vessels
- The structure and function of the eyes requires it to be highly vascularised and innervated.
- Hence an increased requirement for oxygen and nutrients
- Visual stress results in hypoxia, build up of polyunsaturated fatty acids and damage by high-energy photons.





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# Which nutrients and food are useful for the eyes?

## Lutein & Zeaxanthin

-Importance: Reduces risk of Chronic eye disease- Diabetic Retinopathy, AMD, Dry Eye.

-Found in: Green and colorful fruits and vegetables like broccoli, corn, peas, persimmons and tangerines.



## Vitamin C

-Importance: Reduces risk of Cataracts & AMD

-Found in: oranges, grapefruit, strawberries, papaya, green peppers and tomatoes.



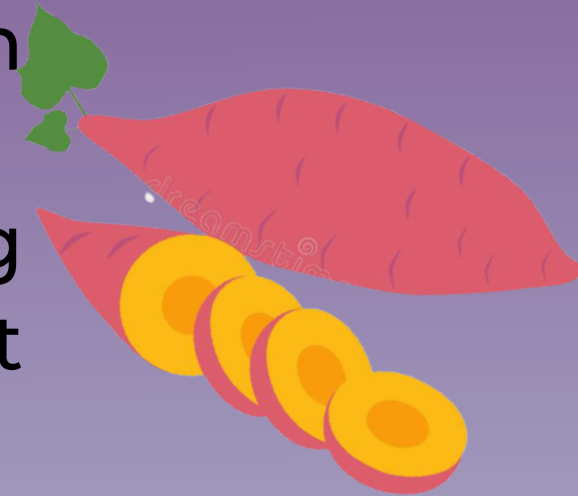
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# Which nutrients and food are useful for the eyes?

## Vitamin E

-Protects rods and cones from damage

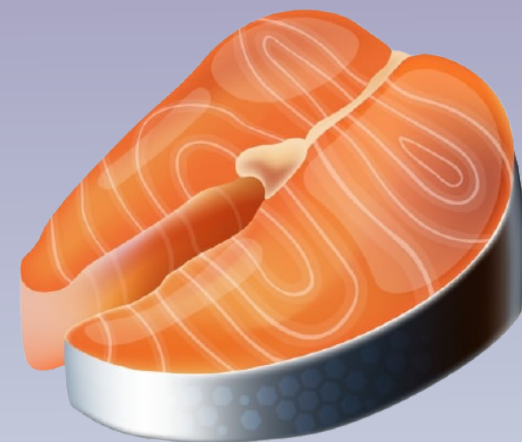
-Found in: vegetable oils (including safflower and corn oil), nuts, wheat germ and sweet potatoes.



## Essential fatty acids

-Importance: Important for proper visual development and retinal function and reduces dry eye symptoms.

-Found in: Salmon, tuna and other cold-water fish



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# Which nutrients and food are useful for the eyes?

## Zinc

-Importance: Plays a vital role in bringing vitamin A from the liver to the retina in order to produce melanin, a protective pigment in the eyes. Improves night vision.

Reduces risk of cataracts.

-Found in: Red meat, oysters and other shellfish, and nuts and seeds.



# What is the AREDS2 formula for AMD?

- Age-Related Eye Disease Study (AREDS), randomized 3640 individuals with AMD to take supplement formulations containing combinations of vitamin C, E, beta-carotene, zinc, and copper, or a placebo, each day.
- A major conclusion from the AREDS was that daily, long-term supplementation with vitamin C (500 mg), vitamin E (400 international units (IU)), beta-carotene (15 mg), zinc (80 mg, as zinc oxide), and copper (2 mg, as cupric oxide) reduced the relative risk of progression to late-stage AMD from 28% (observed with placebo) to 20% at 5 years.

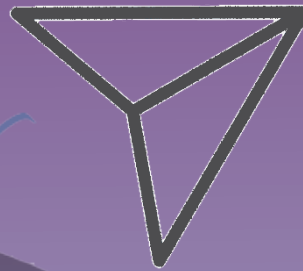




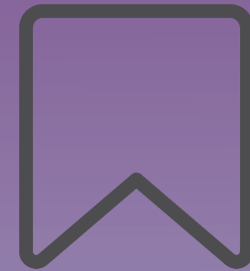
Wow, what a cool content



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