

MEDICAL



Dr. Mark D. Fromer is a board-certified ophthalmologist since 1988

Treatments for macular degeneration include laser surgery, PDT/Visudyne, Macugen injection, lucentis injection, Avastin injection and implantable medication.

Modifying diet to include more foods rich in omega-3 long-chain polyunsaturated fatty acids could result in a reduction in the risk of having neovascular AMD. Levels of serum vitamin D were inversely associated with early AMD but not advanced AMD. Milk intake was inversely associated with early AMD. Fish intake was inversely associated with advanced AMD.

Benefits of Omega-3 Fatty Acids, Fish, and Vitamin D in prevention of Age Related Macular Degeneration

Age-related macular degeneration (AMD) is a degenerative condition that affects the macula, the region in the center of the retina responsible for all central vision. AMD can produce rapid and severe vision loss, and is the leading cause of blindness in people over 50 in the Western world.

It is speculated that vitamin D may reduce the risk of AMD by reducing inflammation or by preventing the growth of new blood vessels in the retina, which contributes to some forms of AMD.

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With AMD, patients experience loss of central vision in varying degrees, while retaining their side or peripheral vision.

Omega-3 fatty acids may influence processes involved in the development of blood vessel and nerve related diseases of the retina.

For instance, DHA may protect the retina by influencing which genes turn on and off, while fatty acids overall may eventually form compounds that promote cell survival and proper blood vessel function, reduce inflammation and maintain energy balance.

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NORMAL VISION



Vision with Macular Degeneration

What is Macular Degeneration?

irrecoverable, regular eye exams are highly recommended. Certain

Normal Vision ?

vitamins and minerals may also aid in slowing or preventing vision loss.

Vision with Macular Degeneration ?

Symptoms often associated with macular degeneration include:

Macular degeneration is the number-one cause of blindness in the United States. It occurs when the macula - a part of the retina in the back of the eye that ensures that our vision is clear and sharp - degenerates, causing a progressive loss of vision.

The "dry" form of macular degeneration has no treatment, but the "wet" form may be helped by laser procedures if it is detected early. Because of this, and because vision lost to the disease is

- A gradual loss of ability to see objects clearly
- A gradual loss of color vision
- Distorted vision
- A dark or empty area appearing in the center of vision

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