

Age-Related Macular Degeneration (AMD) & Nutritional Supplements

Age-related macular degeneration (AMD) is a disease caused by damage or a breakdown of the macula. The macula is the part of the retina that is responsible for central vision.

Macular degeneration affects both distance and close vision and can make some activities (like threading a needle or reading) very difficult or impossible. It is the leading cause of severe vision loss in people over the age of 65.

HOW CAN VITAMINS AND MINERALS AFFECT AMD?

Dry AMD

Right now, there is no way to treat the dry form of AMD. However people with lots of drusen or serious vision loss might benefit from taking a certain combination of nutritional supplements. A large study found those people may slow their dry AMD by taking these vitamins and minerals daily:

- Vitamin C (500 mg)
- Vitamin E (400 IU)
- Lutein (10 mg)
- Zeaxanthin (2 mg)
- Zinc (80 mg)
- Copper (2 mg)

Your ophthalmologist can tell you if vitamins and minerals are recommended for your dry AMD.

Wet AMD

To help treat wet AMD, there are medications called anti-VEGF drugs. Anti-VEGF treatment helps reduce the number of abnormal blood vessels in your retina. It also slows any leaking from blood vessels. This medicine is delivered to your eye through a very slender needle.

Laser surgery may also be used to treat some types of wet AMD. Your eye surgeon shines a laser light beam on the abnormal blood vessels. This reduces the number of vessels and slows their leaking.