

Short Communication**Global Prevalence of Presbyopia and the Nutritional Impact****S.Charumathi, Dr.A.N.Uma***

School of Allied Health Sciences, Mahatma Gandhi Medical College & Research Institute,
Sri Balaji Vidyapeeth, (Deemed to be University), Puducherry, 607402, India.

INTRODUCTION

Good near vision reflects one's quality of life. Presbyopia is an age-related impairment of near vision characterized by gradual decrease in accommodation of the eye. Its onset is usually observed in the quadragenarian population. It is due to oxidation of sulfhydryl protein groups present within the lens leading to loss of accommodation, resulting in loss of accommodative amplitude. Globally around 2.2 billion people have vision impairment of whom at least 1 billion have presbyopia. Inadequate diagnosis and treatment, especially in developing countries, have led to significant economic burden and decline in productivity. There remain several factors apart from age, which contribute to presbyopia.

Proposed Intervention

This study is an attempt to correlate nutrition vis a vis presbyopia. In contemplation with the impact of nutrition that helps preserve and prolong eye health which in turn can reduce the risk of eye impairment, presbyopia, a systematic review of literature must be done to identify the global prevalence of presbyopia and nutritional impact.

Conclusion

Nutrition plays a vital role in preserving and prolonging eye health and reduces the risk of eye impairments, including presbyopia. In spite of a Global initiative towards eliminating avoidable blindness, till date no standardized technique evolved to decipher presbyopia. N8 prototype (1m or 20/50 Snellen activity) is normally used as an end point of near vision testing. The primary management today remains usage of spectacles/contact lenses. The role of

nutritional modification in delaying the onset and progress of Presbyopia is being researched worldwide as it is both preventative and effective. Poor diet certainly is a causative factor for presbyopia. Nutrients from food and supplements help to preserve one's vision. Antioxidants, lutein, zeaxanthin, vitamin C and E, minerals, bioflavonoids have been identified as eye-friendly, nutrition that can reduce the risk of presbyopia. The paper attempts to substantiate the correlation between nutrition and presbyopia.

Keywords: Presbyopia- Public health challenge- optotype- refractive error- near vision spectacle

***Address for correspondence:** Dr.AN Uma, Professor of Medical Genetics & Principal, School of Allied Health Sciences, Mahatma Gandhi Medical College & Research Institute, Sri Balaji Vidyapeeth, (Deemed to be University), Puducherry, 607402, India. Email id: umaan@mgmcri.ac.in