

**Short Communication****Nutritional Role In Age Related Macular Degeneration****D.Bellinda, Dr.A.N.Uma\***

School of Allied Health Sciences, Mahatma Gandhi Medical College &amp; Research Institute,

Sri Balaji Vidyapeeth, (Deemed to be University), Puducherry, 607402, India.

**INTRODUCTION**

Age related macular degeneration (ARMD) is the leading cause of significant visual acuity loss in people over age of 50 in developed countries, it is the common aging eye disease that cause visual impairment in aging population, and it's characterized by the loss in the center field of vision and leaky blood vessels grow under the retina. Globally, ARMD ranks third as a cause of blindness after cataract and glaucoma in general, advanced AMD is a rare disease, before the age of 55, and more common among the persons of 75 years and older.

**Proposed interventions**

It is very clear that we have to make efforts to determine the association between nutritional benefits in reducing the risk of ARMD. Further, in order to do so, a reviewed literature was analysed to understand the association of nutritional role in ARMD

**Conclusion**

The nutritional like vitamin C, E and  $\beta$ -carotene, zinc, lutein, zeaxanthin and Omega 3 – fatty acids. These dietary intakes reduce the risk of ARMD in the aging population. There is evidence that dietary antioxidants and anti-inflammatories may provide benefits in decreasing the risk of age-related eye disease. Nutrients of interest are vitamins C and E,  $\beta$ -carotene, zinc, lutein, zeaxanthin, and the omega-3 fatty acids eicosapentaenoic acid and docosahexaenoic acid. This is evident from a national survey that finds that intake of these key nutrients from dietary sources is below the recommendations or guidelines. Therefore, it is important to educate this population and to create an awareness of the nutrients and foods of particular interest in the prevention of age-related eye disease.

**Keywords:** Nutrition, Vitamin C, Vitamin E, Beta Carotene, macular degeneration.

---

**\*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