

NORMAL RETINA



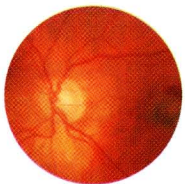
MILD AMD



AMD WITH DRUSEN



INTERMEDIATE  
AMD



ADVANCED  
AMD

◆ Zinc is believed to be an important nutrient for the eye. Some of the highest concentrations of zinc in the human body are found in the retina at the back of the eye. Some researchers believe that a zinc supplement can help to slow the normal aging changes that take place in the eye.

◆ In order to get the recommended daily amount of zinc (15 mg.) and other vitamins and minerals needed for proper nutrition, a multivitamin/multimineral nutritional supplement with zinc may be taken on a daily basis.

◆ The Age Related Eye Disease Study (AREDS) is the most recently published study on this subject. Patients at high risk of developing advanced stages of age related macular degeneration (AMD) may decrease this risk by taking antioxidant vitamins and minerals in higher doses.

◆ These higher doses may not be for everyone. People who should consider these supplements are patients with intermediate AMD and those patients with advanced AMD in one eye or vision loss due to AMD in one eye.

◆ If it is determined that you should take the higher dose vitamins, there are some things you should consider.

◆ These nutritional supplements do not prevent the initial development of AMD nor do they improve vision already lost to AMD.

◆ While most patients in the study experienced no serious side effects from the doses of zinc and antioxidants used, the doses used in the study (except copper) exceed the U.S. Food and Drug Administration recommended levels.

◆ Beta Carotene may increase the risk of lung cancer in smokers and recent ex-smokers. This should be discussed with your primary care physician before taking.

◆ Vitamins used in the AREDS Study are now currently available to patients with intermediate or advanced AMD. Ask your ophthalmologist for details.