



MyHealth™ Newsletter

EYE HEALTH

Nutrition and Age-Related Macular Degeneration: Focus on AREDS Vitamins & Dry AMD

What are AREDS? AMD?

AREDS stands for Age-Related Eye Disease Study, and refers to a US National Eye Institute clinical trial. The study showed that taking high levels of antioxidant vitamins and zinc significantly reduces the risk of advanced dry Age-related Macular Degeneration (AMD) and its associated vision loss.

The AREDS vitamin formulation is a special combination of high-dose antioxidant Vitamins C and E, beta-carotene and zinc. Copper is also added to prevent copper deficiency anemia caused by the high level zinc. The AREDS vitamin formulation consists of:

- 500 mg of Vitamin C
- 400 International Units of Vitamin E
- 15 mg of beta-carotene (often labeled as equivalent to 25,000 International Units of Vitamin A)
- 80 mg of zinc as zinc oxide
- 2 mg of copper as cupric oxide

Are AREDS vitamins good for everyone?

The AREDS vitamin combination is especially useful for people with:

- ✓ Intermediate dry AMD in both eyes
- ✓ Advanced dry AMD in one eye

People with a history of smoking are advised not to take beta-carotene because this is associated with an increased risk of lung cancer. There are special AREDS formulations available without beta-carotene.

People with wet AMD have not been shown to benefit from AREDS vitamins.

For more information about AREDS vitamins, age-related macular degeneration (AMD), eye health or a comprehensive Q&A session about your current medications, please schedule a personalized Medication Review with your Remedy'sRx Pharmacist. Check with your Pharmacist to see if you are eligible for provincially funded, private Pharmacist consultations.

Latest and Greatest

The most recent developments, news, upcoming fundraisers, "ask an expert", and local supports related to age-related macular degeneration (AMD) and eye health can be found at CNIB: www.cnib.ca.

Please see your Remedy'sRx Pharmacist for more information or to schedule a personalized medication review consultation.



The contents herein are for informational purposes only. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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