

HOW TO MINIMISE LOSS OF VISION FROM 'AMD'

1. Exercise has a profound effect in slowing disease progression.
2. Eat a range of different coloured vegetables including dark green leafy vegetables and fruit daily; particularly lutein rich foods such as spinach, kale and silverbeet, as well as corn, yellow capsicum, peas, pumpkin and Brussels sprouts. If you don't, then take a lutein supplement e.g. *Lutein Vision Advanced*.
3. Limit your consumption of carrots and apricots as they contain too much beta carotene which reduces the absorption of lutein.
4. Avoid all vegetable oils and all types of margarine. No commercial mayonnaise and salad dressings.
5. Use mainly extra virgin olive oil (but do not fry on high heat). You can also use coconut oil (organic/cold pressed) or Ghee (clarified butter).
6. Omega-3 fatty acids are important to eye health. All fish and shellfish contain omega-3s but there's more in oily varieties such as salmon, mackerel, anchovies, trout, herring, sardines, and tuna. Do not fry as it negates the benefits. Aim to eat fish or seafood (fresh, frozen or tinned) 2 to 3 times per week. If you don't, then take a non-oxidised fish oil supplement e.g. *Lutein Vision Advanced*.
7. Eat a handful of nuts and seeds a week such as almonds, walnuts and hazelnuts.
8. Eat chicken, eggs and full fat dairy rather than red meat. Avoid preserved meats such as salami, cooked ham, sausages and cured bacon.
9. Eat low glycaemic foods e.g. whole grain bread, oats and lentils. Avoid potatoes, white bread, rice and pasta. Reduce processed baked foods.
10. Reduce or limit your alcohol intake.

Lutein Vision Advanced supplement the macular pigment found in spinach and concentrated non oxidised fish oil for those patients who do not like to eat enough spinach or fish. Ask your doctor if this product is suitable for you.

If you have significant signs of AMD then you should be taking the 'Age-Related Eye Disease Study (AREDS) zinc and antioxidant formula', such as **Macu-Vision** supplement. The trial was based on taking 2 per day. Take it with meals as it may irritate the stomach.

CHECK EACH EYE SEPERATELY DAILY
IF THERE ARE ANY CHANGES MAKE AN URGENT APPOINTMENT