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MACULAR DEGENERATION **& “Retina-Vites” Vitamin Supplements**

For many years, doctors have recommended various vitamins and minerals to their patients with Age-Related Macular Degeneration (ARMD or AMD). In 2001, the result of the “A.R.E.D.S.” (the “Age-Related Eye Disease Study”) was released by the National Eye Institute (NEI), a part of the National Institutes of Health (NIH). This was the first carefully controlled nation-wide scientific study to determine if antioxidant vitamins and minerals could actually slow down the progression of macular degeneration.

Currently, the “AREDS 2” final report is pending, but initial data show that an additional anti-oxidant may be helpful as well.

The latest AREDS data clearly shows that the vitamins and minerals tested were able to reduce the risk of developing advanced stages of ARMD. The doses are higher than found in most commercial preparations.

Vitamin C	500 mg
Vitamin E	400 IU
Lutein *	6-10 mg *
Zinc Oxide	80 mg
Copper Oxide	2 mg

There are many other dietary supplements that are being marketed for eye disease. Unfortunately, there is still NO good scientific data that shows whether selenium, grape seed extract, or bilberry provide any real clinical benefit in ARMD.

Please understand that patients with severe ARMD might not benefit from any supplements, but the study showed a “slowing down” of the progression in people at risk for worsening.

*The original AREDS formula included beta-carotene (15mg, or 25,000u), but the AREDS 2 study is finding that substituting Lutein for Beta-carotene may be more effective. Since the original AREDS formula is available without beta-carotene as a “smoker’s formula”, we are offering the combination of the new formula as a package, whether or not you are a smoker!

The AREDS mixture is available commercially without a prescription. Our office has found a brand that provides the same combination of antioxidant vitamins and minerals at a more affordable price than in our local stores. See the reverse side of this sheet for more information.

(Over, please)

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How to get the vitamins:

COMMERCIALLY: Bausch & Lomb markets the formulation used in the AREDS as “Ocuvites PreserVision”, and other companies provide similar formulations. Please be careful that the full AREDS formulation is included. The brand names and doses are often VERY inconsistent!! (The Lutein type often doesn’t include the full AREDS vitamin dose!)

DO-IT-YOURSELF: The antioxidant vitamins and zinc can also be purchased separately. However, consumers should discuss the use of these high levels of nutrients with their doctors and be certain to include copper whenever taking high levels of zinc.

QUALITY GENERIC: Our office has contracted to bring you the same combination of vitamins at a more affordable price than the commercial brands. Our “RETINA-VITES” (U.S.-made generic) are the exact same composition as the AREDS formula, and are about 2/3 the cost of the commercial products at \$35.00/bottle (plus tax.)

How to get more information for you or your family:

1. Talk to our office!
Dr. Miller will be happy to discuss the AREDS findings with you.
2. Contact the National Eye Institute:
301-496-5248
3. Via the Internet:
www.nei.nih.gov
www.macular-degeneration.org
www.macular.org
www.amd.org