



Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

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Macular Degeneration

Macular degeneration, also called age-related macular degeneration (AMD), is the deterioration of the central portion of the retina, called the macula. The macula is the most sensitive part of the retina and is responsible for central vision. The deterioration of the macula leads to the loss of sharp and fine detailed vision required for reading, driving, recognizing faces and seeing colors.



According to the National Eye Institute, AMD is the leading cause of vision loss, affecting 10 million Americans. The causes of macular degeneration are complex, and include both hereditary and environmental factors. The biggest risk factor for macular degeneration is age and the disease is most likely to occur in those 55 and older. Other risk factors include:

- eating a diet high in saturated fat
- overweight or obesity
- smoking cigarettes
- hypertension
- a family history of AMD
- heart disease
- high cholesterol levels

While there is no cure for AMD, there are things you can do to reduce your risk and possibly slow its progression once diagnosed, such as:

- daily exercise
- maintaining a healthy BMI
- not smoking
- following a Mediterranean diet rich in green leafy vegetables
- avoiding bright sunlight by wearing protective sunglasses

Studies have shown that daily doses of antioxidants and vitamin supplements such as lutein, zeaxanthin, fish oil, vitamin C, melatonin and B vitamins are also beneficial.



[Long-Term Effects of Antioxidants on Age-Related Macular Degeneration](#)



[Omega-3 Fats May Help Macular Degeneration](#)



[Improving Vision in Macular Degeneration](#)



[B-Vitamins and the Prevention of Macular Degeneration](#)

February Health Awareness



American Heart Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news is heart disease can often be prevented when people make healthy choices and manage their health conditions. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

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SUPPLEMENT FACT

Going somewhere warm this winter? Supplementation with curcumin may improve gastrointestinal and other physiological system functions during exertional heat stress, according to a study recently published in the Journal of Applied Physiology.

From The Council for Responsible Nutrition



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