Macular Degeneration

Macular degeneration (MD), also known as age-related macular degeneration (ARMD), 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 vision, which reduces the ability to read, drive, recognize faces and see colors.

According to the National Eye Institute, MD is the leading cause of vision loss, affecting 13 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
- overeating 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 progression of disease, such as:

- daily exercise
- maintaining a healthy BMI
- not smoking
- following a Mediterranean diet rich in green leafy vegetables
- 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.

February Health Awareness

American Heart Month

February is American Heart Month. In the United States, heart disease is the leading cause of death for men and women. Every year, 1 in 6 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.

- Watch your weight.
- Get moving 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.

Visit our website at www.naturalhealthresearch.org

March Health Awareness

Preventive Health: Early Detection is Key

Cancer screenings offer the best chance for curable cancer. Early detection of many cancers can lead to a longer and healthier life. For example, breast cancer screening involving mammograms and breast self-exams can be life-saving. It is estimated that 1 in 8 women will develop invasive breast cancer during their lifetime. Early detection is important because when detected early, breast cancer has the highest chance for cure.

Recent Posts

Ginger Treatment for Acute Migraine Headache

Written by Joyce Smith, Staff Writer. The addition of ginger to non-steroidal anti-inflammatory drugs may be beneficial as an adjunct treatment for migraine.

Read more »

Collagen Supplementation Improves Skin Integrity and Reverses Signs of Skin Aging

Written by Chrystal Moulton, Staff Writer. 12-week supplementation with Elasten® resulted in 28% increase in skin hydration, 26.8% reduction in roughness, as well as significant improvement in skin density and elasticity.

Read more »

Unsubscribe

Amla (Emblica Officinalis) Supplementation Shown to Improve Cholesterol Levels

Written by Jessica Patella, ND. Amla extract significantly reduced lipid profiles in study participants with dyslipidemia.

Read more »

Low Frequency Pulsed Electromagnetic Fields May Improve Spinal Cord Injury Recovery

Written by Angeline A. De Leon, Staff Writer. Low frequency pulsed electromagnetic fields support functional recovery following spinal cord injury by potentially modulating inflammation, oxidative stress and heat shock protein levels.

Read more »

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

February Health Awareness

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

FEBRUARY 2020
WWW.NATURALHEALTHRESEARCH.ORG