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Ophthalmology



At 10 years, AREDS formulation still reduces risk of AMD progression

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BALTIMORE — Dietary supplements continued to reduce the risk of advanced age-related macular degeneration or neovascular AMD 10 years out, according to a study presented here.

At [Macula 2013](#), **Emily Y. Chew, MD**, elucidated results of the [Age-Related Eye Disease Study](#), a multicenter, randomized clinical trial that included 4,757 patients with varied AMD severity; 3,549 patients participated in the 10-year follow-up examination.

“We continue to see beneficial effects with the AREDS supplement beyond the clinical trial. Recommendations for treating this continue. This is the only treatment that we have that is proven for macular degeneration,” Chew said.

Patients were randomly assigned to use vitamin C 500 mg, vitamin E 400 IU, beta carotene 15 mg and/or zinc 80 mg with copper 2 mg (AREDS formulation) or placebo.

Results showed that patients assigned to the AREDS formulation had a significantly lower risk of developing advanced AMD or neovascular AMD than those assigned to the placebo ($P < .001$).

In addition, moderate vision loss was significantly less prevalent in the AREDS formulation group than in the placebo group ($P = .002$), Chew said.

Patients with intermediate or advanced AMD in one eye are strongly encouraged to use the AREDS formulation, Chew said.

AREDS2, which is evaluating lutein/zeaxanthin and omega-3 fatty acids, is nearly completed, Chew said.

Disclosure: Chew has no relevant financial disclosures.



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