Nutrition and visual diseases

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Abstract

Nutrition has influence in vision. Important nutrients, such as vitamins A, C, D and E, lutein and zeaxanthin have essential function on visual health. The objective of this study is to demonstrate the nutrition’s influence in the beginning or prevention of visual diseases like dry eye syndrome, cataracts and age-related macular degeneration. A search was made in PubMed, Infomed, EBSCO, HINARI, Scielo; using as key words: nutrition, visual diseases, vitamin. Were used 32 articles in Spanish and English languages. The 60% corresponds to the last five years. Trials have reported a prevalence of dry eye syndrome twice higher in females than in males; it’s related with vitamin D deficiency. Trials with vitamin D and omega-3 supplements have shown relief of the illness. Cataract, the principal cause of reversible blindness on the world, it’s related with vitamin C and E deficiency. Vitamin A, lutein and zeaxanthin have influence in age-related macular degeneration. As conclusions, this study gives information about the actual stated of nutrition and its relationship with the beginning or prevention of some visual diseases.

Biography:

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Speaker Publications:

Abstract Citation: