

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:

Damaris Hodelin Fuentes MD, is Investigator and Ophthalmology Resident at Ophthalmology Department of the General Hospital "Dr. Juan Bruno Zayas Alfonso" of Santiago de Cuba. She has completed her Medical Doctor Degree from Medical Sciences University of Santiago de Cuba and she graduated with Golden Title, and received the "Award to Scientific Worthy" for her results as student in 2016.

Speaker Publications:

1. Hodelin Fuentes D, Fuentes Pelier D (2018) Updating traumatic optic neuropathy. International Journal of Medicine and Medical Sciences 10(10):106-10.
2. Téllez Almenares O, Hodelin Fuentes D (2016) Cáncer de esófago, una actualización necesaria. 3rd International Convention Morfovirtual 2016.
3. Fuentes Pelier D, Alba Carcasés Y, Hodelin Fuentes D (2016) Importancia del método clínico en el diagnóstico de la fístula carótido-cavernosa. Medisan 20(12).
4. Hodelin Fuentes D, Téllez Almenares O (2014) Anestésicos locales. Propiedades y aplicaciones en la Medicina. 2nd International Convention Morfovirtual 2014.
5. Fuentes Pelier D, Hodelin Fuentes D, Penagos Payares M (2014) Caracterización de pacientes con neuritis óptica anterior en el Centro Oftalmológico de Santiago de Cuba. Medisan 18(12):1688-1696.



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