

Nutrition for good eye health



CAMERON
OPTOMETRY
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Good nutrition plays an important role in maintaining eye health. Eating a nutritious diet is the best way to get the nutrition that we need, but when this is not possible supplements can help.

Dry eyes

Omega-3 is an essential nutrient found to improve the symptoms of dry eyes, when taken in the right quantities. The best sources are oily fish such as salmon, sardines and fresh tuna. Flaxseed, soya and walnuts are other good sources. The NHS recommends eating at least two portions of fish a week. Alternatively, choose a supplement, like Omega Eye, that contains at least 2000mg of DHA/EPA from fish oils.

Cataract

Recent research suggests that dietary Vitamin C may help reduce the risk of developing cataracts by a third. Vitamin C can be found in peppers, tomatoes, dark leafy greens, berries and citrus fruits.

Macular degeneration (AMD)

Studies have found that Vitamin C and E, zinc and the micronutrients lutein and zeaxanthin are beneficial in limiting the progression of macular degeneration. We recommend Macushield Gold which provides the AREDS 2 formula, a clinically proven formula based on extensive research and development.

Glaucoma and other eye problems

By maintaining a healthy weight you can reduce your chance of diabetic eye disease, and vision loss linked to strokes and blockages of the blood vessels in the eye. The risk of developing glaucoma is increased in people with heart disease and diabetes.

We supply a range of supplements which we feel are the highest quality on the market. Please ask in practice for further details and seek advice from your optometrist or GP before starting nutritional supplements.

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