

## Patient information

# Healthy lifestyle suggestions for patients with Age Related Macular Degeneration

We recommend that patients with Age Related Macular degeneration:

- Do not smoke
- Eat a good diet
- Do not drink excessive alcohol
- Wear sunglasses to protect your eyes from ultra-violet light and use a sun hat or cap with a peak or brim
- Try to keep blood pressure down

## Vitamin supplements

There are some vitamin supplements available giving more nutrients found than in fruit and vegetables. These may be of benefit to the eyes in certain circumstances, particularly if you have a poor diet.

It is thought that 10mg of lutein is most beneficial. These may be found at some opticians, chemists and health food shops or online. We recommend the AREDS 2 formula containing no beta-carotene.

**If you are a smoker or have ever smoked please avoid any supplements containing beta-carotene (found in vitamin A).**

The following vegetables are carotenoid-rich vegetables.

<b>100grams / about ½ cup</b>	<b>Lutein content</b>
Raw carrot	260 mg
Kale	21,900 mg
Brussels sprouts	1,300 mg
Raw spinach	10,200 mg
Corn	780 mg
Broccoli	1,900 mg
Green peas	1,700 mg
Green beans	740 mg
Tomatoes	100 mg
Leaf lettuce	1,800 mg
Collard greens	16,300 mg

If you have any further questions or concerns please speak to one of the eye doctors.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)*

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>

