

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.

| 100grams / about ½ cup | Lutein content |
|-------------------------------|-----------------------|
| 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>



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