

Age Related Eye Disease Study (AREDS) Formulation and Age-related Macular Degeneration (AMD)

An information guide



Age Related Eye Disease Study (AREDS) Formulation and Age-related Macular Degeneration (AMD)

Although there is no cure for age related macular degeneration (AMD), the age related eye disease study (AREDS) formulation may play a key role in helping people at risk of developing advanced AMD to keep their remaining vision.

It can reduce the risk of developing advanced age-related macular degeneration (AMD) by about 25%.

Can I take a daily multivitamins if I am taking the AREDS formulation?

Yes.

In AREDS, two-thirds of the study participants took multivitamins along with the AREDS formulation.

Can diet alone provide the same high levels of antioxidants and zinc as the AREDS formulation?

No.

The high levels of vitamins and minerals are difficult to achieve from diet alone.

However, previous studies have suggested that people who have diets rich in green, leafy vegetables have a lower risk of developing AMD.

Are there any side effects from the AREDS formulation?

Some AREDS participants reported side effects.

For example some had urinary tract problems that required hospitalization and some had yellowing of the skin.

Are former smokers at an increased risk of developing lung cancer if they take high doses of beta-carotene?

Beta-carotene increases the risk of lung cancer in current smokers.

Former smokers maintain some increased risk of lung cancer for years after stopping smoking.

Should young people with inherited macular degeneration take the AREDS formulation?

The AREDS only studied age-related macular degeneration. We have no recommendations for younger people.

Will taking high dose vitamin E in the AREDS formulation increase my risk of prostate cancer?

The group of independent researchers who monitored AREDS2 for safety has not noted any concerns of increased risk of prostate cancer.

It is important to mention that not all clinical trials have found the same results. Some studies have shown a slight increase in prostate cancer with supplementation with vitamin E.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897


For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

 www.facebook.com/NorthernCareAllianceNHSGroup

 www.linkedin.com/company/northern-care-alliance-nhs-group

 Northern Care Alliance NHS Group (NCA) @NCAlliance_NHS

Date of publication: November 2015

Date of review: November 2021

Date of next review: December 2023

Ref: PI(SU)974

© The Northern Care Alliance NHS Group

www.pat.nhs.uk

www.northernalliance.nhs.uk

