VANUSEST PÕHJUSTATUD MAAKULA DEGENERATSIOON
(age-related macula degeneration, AMD)

Kas teie perekonnas esineb risk?

Teie silmaarst võib teile nõu anda!

Mis on AMD?

Aastate jooksul aeglaselt progresseeruv maakula degeneratsioon, mis viib tsentraalse nägemise kaotuseni.

terve

haige

AMD riskifaktorid?

Vanus: > 50 aastat [*1]
AMD perekonnaanamneesis [*1, 2, 3, 4, 5]

Suitsetamine [*1, 6, 7, 8]
Heledavärviline vikerkest (sinised silmad) [*9, 10]

Antioksüdantide olukord/karotenoidid [*11, 12, 13, 14]
Toitumine: vähene puuviljade ja juurviljade tarbimine [*11, 12, 13, 14, 15, 16]

Sugu: naine > mees [*17, 18]
Rasvumus [*19, 20]

MADAL MAAKULA PIGMENDI TIHEDUS [*15, 16, 21, 22]

Maakula karotenoidid: zeaksantiin+luteiin

Looduslik valgusefilter ja antioksüdantide süsteem võrkkesta maakulas absorbeerib sinist valgust ja kaitseb võrkkesta liigse kiirguse eest.

Luteiini ja zeaksantiini tarbimine igapäevase toiduga Euroopas

Euroopas: 1,5 mg – 3,5 mg [*23]

Päevase tarbimise soovitus AMD riski vähendamiseks: 6 mg [*24, 25]

On tõestatud, et antioksüdandid töötavad positiivselt AMD riski vastu

Karotenoidid [*11, 15, 16, 21, 24, 25, 26, 27]
Vitamiin C [*11, 24, 28]
Seleen [*11]
Vitamiin E [*11, 24, 28, 29]
Tsink [*28, 30]

... kuid vajalik on tasakaalustatud segu!

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