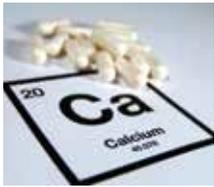


# SIGHT *for life*

Issue 12

## { INSIDE }

2



**Increased risk of AMD linked with high calcium supplementation**



3 **Nearsightedness becoming more prevalent**



4 **Macular degeneration onset delayed by Parkinson drug**

## **Zeaxanthin a hit for MLB players**

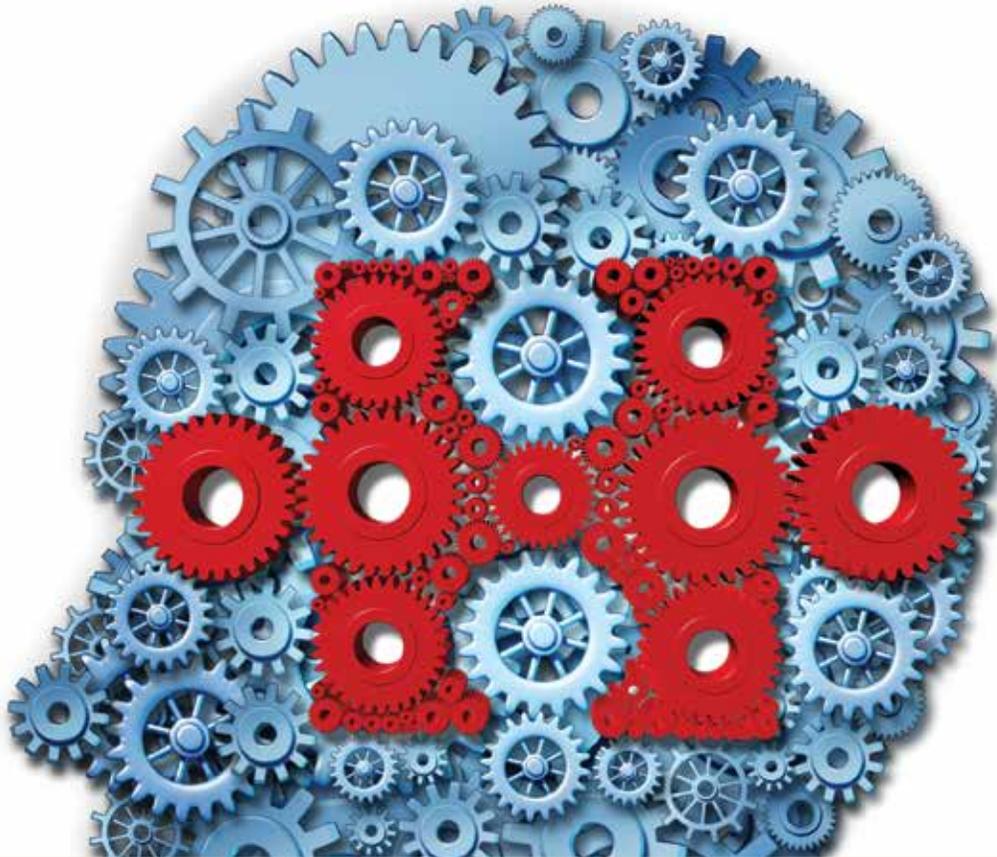
**M**ajor League Baseball players know that having great skills won't get you very far if your vision and ability to focus on the ball is not optimal. Sensitivity to light and squinting can diminish a player's abilities. Researchers at the University of Georgia have discovered that daily consumption of zeaxanthin, which is found in many vegetables and paprika, can have a positive impact on visual processing speed and reaction time.

All Major League Baseball teams have introduced zeaxanthin to their players and while teams don't require players to take any supplements, many players have added zeaxanthin to their daily regimen and have been pleased with the results.

Players taking the supplement have noted a greater ability to withstand glare and an improvement in reaction time and the ability to track a ball against stadium lights or bright sun. Dr. Paul Krawitz has harnessed the benefits of zeaxanthin in his VisiVite R.B.I. Vision Performance supplement, which has been certified Banned Substance-Free by the Banned Substance Control Group (BSCG).

You can find out more about this unique supplement by visiting <http://www.rbivitamins.com/the-sauce.html>.





## **Increased risk of AMD linked with high calcium supplementation**

**A** recent cross-sectional study of the National Health and Nutrition Examination Survey data revealed an increased risk of age-related macular degeneration among those who consumed more than 800 mg/day of calcium supplements. Researchers had previously found a link between high levels of calcium supplementation and glaucoma.

Researchers evaluated data from the 2007-2008 survey, which involved almost 3,200 participants. What they found was that those participants who consumed more than 800 mg/day of calcium supplements were 85% more likely to be diagnosed with macular degeneration. However, the increased risk was limited to those who were 68 years or older and the link was not

significant in those between the ages of 40 and 67.

Researchers declined to make any new recommendations regarding calcium supplementation because further data analyses are needed. The limitations of this particular study prohibits making any blanket claims regarding the link between calcium supplementation and macular degeneration.

# Nearsightedness becoming more prevalent



**W**hile myopia (also known as nearsightedness) can have a genetic link, other factors such as electronic devices and limited time outside have a tremendous impact on vision. Myopia is a result of the eyeball being too long or the cornea being too curved. The result is that objects that are far away appear to be blurry.

Not only are more and more people becoming nearsighted, the age of onset is much younger with doctors seeing young children with myopia. In countries such as Japan and China, 80 to 90 percent of children completing secondary school are nearsighted. This is double and sometimes triple the number of children with the condition than in years past.

In the United States, the number of Americans with myopia jumped from 25 percent in 1986 to 41 percent in 2001. And that's just the overall numbers. Broken down by age, people aged 12 to 54 saw an increase in the prevalence of myopia of

66 percent between 1971 to 1972 and 1999 to 2004.

What's to blame for the dramatic increase? Researchers point their fingers at children spending less time outdoors as well as an increase in the use of electronic devices. Children in Asian countries start studying as early as 3 or 4 years of age and spend less time outdoors. This intense studying has a greater impact on the vision of younger children whose eyes are still developing. In the United States, the heavy use of electronic devices also has a significant impact on vision.

Even though the genetic tendency toward myopia cannot be altered, people can take steps to help reduce the onset of nearsightedness. If using electronic devices, be sure and take frequent breaks and either go outside or look at an object in the distance for at least 10 minutes. Preventive care can help reduce future healthcare costs associated with nearsightedness.

{*The latest* **SCIENCE!**}

## Macular degeneration onset delayed by Parkinson drug

Patients suffering from Parkinson's disease are often prescribed the drug L-DOPA (Levodopa) and researchers have discovered that this drug can also be used to delay the onset of age-related macular degeneration. Researchers presented their findings at the 2015 Annual Meeting of the Association for Research in Vision and Ophthalmology.

In the retrospective study, researchers evaluated data from over 15 million people and what they found was that patients taking L-DOPA were much less likely to develop macular degeneration than those who were not taking the drug. In addition, those taking L-DOPA who did develop macular degeneration developed it at a much later age.

Additional studies will need to be conducted to confirm these initial findings.

