

SIGHT for life

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Moderate wine consumption may benefit vision health

If you enjoy a glass of wine, you should raise your glass to toast to your eye health. Researchers at the University of Wisconsin have discovered that moderate intake of wine can lower the risk of vision loss.

Researchers examined data from the Beaver Dam Eye Study which was conducted over a 20-year period and involved almost 6,000 adults between the ages of 43 and 84. Visual acuity was measured at the beginning of the study and then at subsequent follow-up visits.

What researchers discovered is that 11 percent of those who did not consume alcohol experienced vision loss over the 20 year period while only 4.8 percent of those who had less than one serving of alcohol a week and 3.6 percent who drank at least one serving a week experienced vision loss.

Examining those who consumed alcohol even more closely revealed that wine drinkers fared even better. Only

2.7 percent of regular wine drinkers and 4 percent of occasional wine drinkers suffered vision loss compared to 7.8 percent of non-wine drinkers who suffered vision loss.

The good news is that non-drinkers can reap the same benefits found in wine without having to touch a drop of alcohol. VisiVite's Reziva® formula is a concentrated red wine formula without the alcohol. One Reziva® capsule gives you as much resveratrol as found in 30 glasses of red wine.





Basketball is the sport that tops the list for most eye injuries

Statistics provided by the U.S. Consumer Safety Commission show that basketball tops the list for being the cause of the most eye injuries. The top five on the list are basketball, water/pool activities, guns (air, gas, spring and BB), baseball/softball and football.

The National Eye Institute reports that a sports-related

eye injury is treated at an emergency room every 13 minutes. Injuries range from infections, and corneal abrasions to detached retinas and fractured eye sockets. It is critical that parents, teachers, school nurses and coaches are aware of the signs of a serious eye injury and know when to seek professional treatment.

The organization Prevent

Blindness seeks to help reduce the amount of eye injuries for all athletes by encouraging the use of proper eye protection while engaging in sports.

Along with wearing protective eyewear, it is important for athletes to have a complete eye exam and consult with their eye care professional to determine the best protective eyewear for them.

Higher risk of AMD in women who are vitamin D deficient



JAMA Ophthalmology published results of a study that point to a higher risk of AMD in women who are deficient in vitamin D and who have two genetic risk markers for the disease.

University of Buffalo researchers evaluated data on 913 women between the ages of 54 and 74 who had taken part in the Carotenoids in Age-Related Eye Disease Study. 550 women had sufficient levels of vitamin D while 275 women were deficient in the vitamin.

The vitamin D deficient women who had two genetic risk markers were 6.7 times more likely to develop macular degeneration. Researchers found that increasing the levels of vitamin D did not lower the odds of the disease developing.

Researchers concluded that being deficient in vitamin D may be a contributing factor to the development of macular degeneration but increasing vitamin D to high levels does not translate into a lower risk.



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{The latest **SCIENCE!**

Carrots' carotenoids contribute to eye health

Data from a population survey was analyzed by a Harvard University led team. The study tracked more than 100,000 patients aged fifty years and older over a period of 25 years. Researchers found that patients who consumed the highest levels of lutein and zeaxanthin were 40 percent less likely to develop the advanced form of macular degeneration than those who ate the least.

Carrots, sweet potatoes, peppers and dark, leafy vegetables are excellent sources of lutein and zeaxanthin (also known as carotenoids). The macula contains high concentrations of lutein and zeaxanthin

and they are known as macular pigment. The macula is protected from free radicals by the macular pigment, which filters out the harmful blue light.

Researchers concluded that encouraging patients to have a higher intake of a good variety of fruits and vegetables may help lessen the risk of developing the advanced form of macular degeneration. Dr. Paul Krawitz, President and Founder of Vitamin Science, recognizes the importance of carotenoids and they can be found in our VisiVite formulas.

