

## Prevention

In AREDS, dietary supplements as zinc and anti-oxidants vitamins C, E and beta-carotene, have been shown to reduce the risk of progression in participants in categories 3 and 4 to advanced AMD (25% in 5 years), however, in the group with GA away from the center (category 3), this reduction was not statistically significant.

Despite of that the AREDS Report nº 8 concluded, that those with noncentral GA also should consider taking a supplement of antioxidants plus zinc [\(4,12\)](#).

Macular xanthophylls and polyunsaturated fatty acids seem to be associated with a lower risk of advanced age-related macular degeneration [\(59,60\)](#).

Because of that antioxidant effect of macular pigments as lutein, zeaxanthin and omega-3 fatty acids has been tested in the Age-related Eye Disease Study 2 (AREDS 2) [\(59,61\)](#).

Low dietary glycemic index also seems to reduce the risk of evolution to advanced AMD [\(61\)](#).

Other behavioral factors such as stop smoking and control of BIM may play an important role on prevention [\(13\)](#).

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