

Our mission is to improve the quality of life for those who are visually impaired through awareness, resources and solutions

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20 Years Later

On February 10, 2012, ViewFinder Low Vision Resource Center celebrated its 20th year in business. How does time move so quickly? Over the years we have been fortunate to meet many wonderful people who have become more than customers and patients, they have become our ViewFinder family.

As we celebrate our 20th year, I would like to thank all of the patients, customers and doctors who have supported us. We look forward to the opportunity to work with all of you for many years to come.

Sincerely,

Lynne Noon



20 Years of Research Ocular Nutrition and Macular Degeneration.

Age-Related Eye Disease Study (AREDS)

In 2001, the results of the 10 year, Age Related Eye Disease Study (AREDS) were published. The purpose of the study was to determine the effects of antioxidants on the progression of age-related macular degeneration.



This study found that people at high risk of developing advanced stages of AMD lowered their risk by about 25 percent when treated with a high-dose combination of **vitamin C, vitamin E, beta-carotene, and zinc**. In the same high-risk group, which includes people with intermediate AMD, or advanced AMD in one eye but not the other eye, the nutrients reduced the risk of vision loss caused by advanced AMD by about 19 percent. Since the conclusion of this study, macular degeneration patients have been asked to take ocular supplements such as PreserVision and I-Caps, which are based on the AREDS study.

Subsequently, a large study sponsored by the National Cancer institute showed that that beta-carotene increases the risk of lung cancer in current smokers. Smokers and former smokers are advised to take Smoker's Formula AREDS supplements that do not contain beta-carotene.

Age-Related Eye Disease Study II (AREDS II)

Lutein, zeaxanthin and omega 3 fatty acids

There is quite a bit of evidence to support the beneficial effects of both lutein and zeaxanthin on macular degeneration. Lutein and zeaxanthin are carotenoids that filter the harmful high-energy blue wave length of light, thereby protecting retinal cells. In 2006, the AREDS II study began. This is a nationwide study that will further evaluate the effect of **lutein, zeaxanthin and omega-3 fatty acids** on the progression of macular degeneration. .

AREDS II will also evaluate the effects of eliminating beta-carotene and reducing zinc from the original AREDS formulation on the development and progression of AMD.

Results from the AREDS II Study are expected in 2013

Recommended Daily Supplements

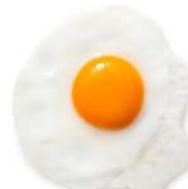
Vitamin C is an antioxidant found in citrus fruits, cooked spinach, tomatoes and bananas. The AREDS study recommends 500mg/day.



Vitamin E is a powerful antioxidant found in nuts, fortified cereals and sweet potatoes. The AREDS study recommends 400 IU/day.



Zinc is a mineral that plays a vital role in bringing vitamin A from the liver to the retina in order to produce melanin, a protective pigment in the eyes. Zinc can be found in red meat, seafood, poultry, eggs, wheat germ, mixed nuts, black-eyed peas, tofu and baked beans. The AREDS II study recommends 25mg/day. Zinc supplements interfere with copper absorption, so 2 mg/day of copper is recommended for individuals taking zinc supplements.



Lutein and zeaxanthin can be found in spinach, corn, broccoli and eggs. The AREDS II study recommends 10mg/day of lutein and 2mg/day of zeaxanthin.



Omega-3 Fatty Acids can be found in fatty fish such as salmon, tuna and mackerel. Diets deficient in omega-3 fatty acids have been linked to retinal degradation and dry eye syndrome. The AREDS II study recommends 1000mg/day.

Visit us on the web at www.ViewFinderLowVision.com

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to schedule an appointment at one of these offices