



NUTRITION MANAGEMENT OF AGING EYES

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Over 65% of individuals over the age of 50 have some form of visual impairment. These visually impaired individuals are 1.7 times more likely to fall than individuals with adequate vision, which can lead to a reduction in quality of life. The retina, the inner most layer of the eye, is highly enriched with polyunsaturated fatty acids (PUFA)s. With plenty of light exposure over time, PUFAs can become oxidized, damaging the sensitive tissues of the retina. However, some nutrients play a protective role within the eye by maintaining the structure and function of the retina, and providing protection from light induced damage. This talk will provide evidence that consuming these nutrients in the diet can improve retina function, thereby improving vision with aging. Overall our research will contribute to the development of valuable prevention strategies for the eye health for older adults.

This presentation will be available via facebook live

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