

Eating Fish May Ward Off Eye Disease & X-Rays May Save Sight

The Harvard Women's Health Study recently reported the results of their study of 39,876 women. Since 1993, the participants completed detailed food frequency questionnaires. It was discovered that those women who ate at least one or more servings of fish per week were *42% less likely* to develop age-related macular degeneration (AMD) than those who ate less than a serving each month. Eating canned tuna and dark-meat fish like mackerel, salmon, sardines, bluefish and swordfish appeared to have the most benefit.

Inflammatory processes are involved with AMD. Researchers believe the anti-inflammatory effects of omega-3's prevent AMD from developing. Of course, check with your personal physician before implementing any dietary changes.

In a related story, FOX News reported in March that a new treatment for AMD is undergoing testing at King's College Hospital in London.

This new procedure is called iRay. A patient sits in front of the machine while low-energy X-rays are "beamed" back into the back of their eye. As a result the "beams" close the blood vessels that cause loss of the vision. It's an in-office procedure that last about 15 to 20 minutes.

Both AMD patients and researchers are very excited about this new technology as current treatments for AMD are quite invasive. They involve a series of injections into the eye, as frequent as every four weeks, for the remainder of the patient's life.

The FDA has not approved the iRay for use in America as of yet, but it may be offered here soon!

