



*Diseases & Surgery of the
Retina and Vitreous*

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Clinical Trials

Allergan Posurdex Implant for DME
Alimera Iluvien Implant for DME
ThromboGenics Microplasmin
for Vitreo-Macular Traction
Lpath-iSONEP for ARMD
Regeneron VEGF-Trap for ARMD
Genentech Lucentis for CRVO
Genentech Lucentis for CRVO Ext.
Regeneron VEGF-Trap for CRVO
Novartis Aliskiren for DME
DRCR Lucentis for Diabetic VH
Regeneron VEGF-Trap for ARMD Ext.
Alimera Iluvien Implant for DME Ext.
GSK Oral Pazopanib for ARMD
GSK Topical Pazopanib for ARMD
Alcon ESBA 1008 for ARMD
Santen DE-109 for Posterior Uveitis
Allergan Ozurdex vs. Lucentis for DME
Regeneron VEGF-Trap for BRVO
Novartis LFG316 for Dry AMD
Van Andel Institute Vitreous Sample
DRCR Topical NSAID for DME
Wilmer iDEAL for DME
Saint Mary's Vitreous Sample

Vitreo-Retinal Associates, P.C.

Eating Healthy Prevents Age-Related Macular Degeneration (AMD)

A new study confirms the importance of eating healthy to help protect our eyes from age-related macular degeneration (AMD.) Researchers found that people whose diets had higher levels of certain nutrients – vitamins C and E, zinc, lutein, zeaxanthin, omega-3 fatty acids DHA and EPA – and had high levels of low-glycemic index (low GI) foods, were less likely to develop early and advanced AMD. Although the researchers say clinical studies are needed before physicians can begin recommending specific nutrient doses or dietary patterns to AMD patients, there's no need for people to delay adding healthy food to their shopping carts. Sources of AMD-protective nutrients include citrus fruits, vegetable oils, nuts, whole grains, dark green leafy vegetables and cold water fish. The GI value is based on how fast a food's carbohydrates raise the body's blood sugar levels; low GI foods have less impact on blood sugar fluctuations.

AMD affects the retina, light-sensitive tissue at the back of the eye. Advanced AMD can destroy the central detailed vision that we need to read, drive, and enjoy daily life. Although the “wet” form of advanced AMD is often treatable, there's no effective treatment for the much more common “dry” form. Eating well is a practical way to reduce AMD risk while enjoying better health.

VRA is West Michigan's most experienced ophthalmology practice for highly specialized eye care with convenient locations in Grand Rapids, Kalamazoo, and Muskegon.

Drs. Jeffrey Zheutlin, Frank Garber, and Louis Glazer, all board certified and renowned ophthalmologists, specialize in the diagnosis and treatment of conditions of the eye including macular degeneration, diabetic retinopathy, macular disease and retinal detachment.

As the area's leader in innovative eye research, we offer the latest advancements in diagnostic and surgical technologies.