

The role of the Mediterranean diet in age macular degeneration

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A Mediterranean diet is based on the traditional foods that people used to eat in the countries on the Mediterranean Sea. It is based on eating less meat and more fish, vegetables, fruit, legumes, unrefined grains, and olive oil. A Mediterranean diet is the “Prototype” of a healthy diet!

Previous research has linked a Mediterranean diet with a reduced incidence of heart disease, strokes, type 2 diabetes, premature death and cognitive decline. Only a few studies have evaluated its impact on age related macular degeneration (AMD). Some studies showed it can be helpful with certain types of age related macular degeneration, and at different stages of the disease.

Age related macular degeneration is a degenerative eye disease. It causes loss of central vision, which is crucial for simple everyday activities, such as the ability to see faces, drive, read, and write. It is a leading cause of vision loss among people age 50 and older, affecting 1.8 million Americans. That number is expected to be nearly 3 million by 2020.

Aim: To evaluate the potential protective role of a Mediterranean diet in age related macular degeneration

Methods: We analyzed the publications at Web of Sciences with advanced search using TS = published in from year 1955 to 2019.

Hypotheses: A Mediterranean diet reduces the risk of early development of age related macular degeneration and reduces the risk of progression to advanced forms of the disease.

Results: We analyzed 31 articles published in the Clinical Medicine and Life Sciences section. The h-index of these publications was 8, an average citation per item was 13.68, and the sum of times cited was 424. There were 399 citing articles. The number of articles significantly increased from 2000 to 2019, with the highest rate in 2018 (10 articles). The article with the highest number of citations had a total of 69 citations. The highest number of articles 12 (38.709%) was published in the field ophthalmology. Out of 31 articles, 18 were original scientific articles (58.065%), 6 were reviews (19.355%), 3 meeting abstract (9.677%), editorial material 2 (6.452), one correction (3.226), and one proceedings paper (3.226 %).

Conclusion: Higher adherence to the Mediterranean diet is associated with the protective effect in AMD development and progression

Key words: Mediterranean diet, age related macular degeneration, degenerative changes, eye aging, Mediterranean lifestyle

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