



## Nutrition and visual diseases

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### Abstract

Nutrition has influence in vision. Important nutrients, such as vitamins A, C, D and E, lutein and zeaxanthin have essential function on visual health. The objective of this study is to demonstrate the nutrition's influence in the beginning or prevention of visual diseases like dry eye syndrome, cataracts and age-related macular degeneration. A search was made in PubMed, Infomed, EBSCO, HINARI, Scielo; using as key words: nutrition, visual diseases, vitamin. Were used 32 articles in Spanish and English languages. The 60% corresponds to the last five years. Trials have reported a prevalence of dry eye syndrome twice higher in females than in males; it's related with vitamin D deficiency. Trials with vitamin D and omega-3 supplements have shown relief of the illness. Cataract is the principal cause of reversible blindness on the world, it's related with vitamin C and E deficiency. Vitamin A, lutein and zeaxanthin have influence in age-related macular degeneration. As conclusions, this study gives information about the actual stated of nutrition and its relationship with the beginning or prevention of some visual diseases.



### Biography:

Damaris Hodelin Fuentes, MD, Ophthalmology Researcher on General Hospital "Dr. Juan B.Zayas Alfonso", Cuba, received the "Award to Scientific Worthy"2016 and has a long career as investigator engaged in 24 research projects, most of them as leader, about General Ophthalmology, Neurophthalmology, Bioethics, and Nutrition to the ocular health. Due to her investigations, she has been awarded with the Future Builder Commemorative Stamp (2015 and 2018), and was nominated to the Sciences Academic of Cuba as a Younger Member. She has many publications in national and international journals, and is on the reviewer board of Ophthalmology Research: An International Journal, where has been received the Certificate of Excellence in Reviewing. She is also Associate Editor of Peer Research Nest, and member of the Editorial Board in International Journal of Ophthalmology and Visual Science. She has presented papers in various conferences and has received many awards for the same.

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