



Effects of Omega-3 Fatty Acids on Eye Health: Evidence Report/Technology Assessment Number 117 (Paperback)

By US Department of Healt Human Services, Agency for Healthcare Resea And Quality

Createspace, United States, 2014. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. The purpose of this study was to conduct a systematic review of the scientific-medical literature to identify, appraise, and synthesize the human evidence for the effects of omega-3 fatty acids on eye health. Visual health is a broad topic, yet we focused on eye health conditions that have a large public health impact in North America. Impact was defined in various ways. Our definition encompassed conditions that either demonstrate high prevalence (e.g., diabetic retinopathy, agerelated macular degeneration [ARMD], and retinal vascular occlusions), produce many potential years of vision loss in that they affect the young (e.g., retinitis pigmentosa [RP]), or constitute a challenge to health services in no small part because they are costly to treat (e.g., cataracts). The brain and eye are highly enriched with omega-3 fatty acids, which accumulate in these tissues during late fetal and early neonatal life. Very high levels of docosahexaenoic acid (DHA) are present in the retina, specifically in the disk membranes of the outer segments of photoreceptor cells. DHA accounts for over half the total fatty acyl groups present in the phospholipids of rod outer...



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