



## Nutrition and Eye Health

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### Message from the Guest Editors

Dear Colleagues,

Blindness and visual impairment impact significantly on an individual's physical and mental well-being. Loss of vision is a global health problem, with approximately 250 million of the world's population currently living with vision loss, of which 36 million are classified as blind. Visual impairment is more frequent in the elderly, with cataract and age-related macular degeneration (AMD) accounting for over 50% of cases globally. Oxidative stress has been strongly implicated in the pathogenesis of both conditions, and consequently the role of nutritional factors, in particular carotenoids and micronutrient antioxidants, have been investigated as possible preventative or therapeutic strategies.

Dry eye syndrome (DES) is one of the most common ophthalmic conditions in the world. There has recently been a great deal of interest in the potential for oral or topical supplementation with essential fatty acids (EFAs), specifically omega-3 and omega-6 fatty acids, as an adjunct to conventional treatments for DES.

Prof. John Lawrenson

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*Guest Editors*





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