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Nutrition for Eye Health

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Message from the Guest Editor

Dear Colleagues,

Among ocular diseases, those that substantially affect the vision by disrupting the functioning of retinal neurons represent a major burden with a high social and economic impact. In particular, visual impairment exacts an enormous financial and social cost on developing countries, thus requiring much research work into the cause and prevention of major blinding diseases. In addition to pharmacological therapies, the management of ocular pathologies includes nutritional supplements such as antioxidants, vitamins or fatty acids that are at present extensively investigated in terms of prophylactic benefits, potential harm, and optimal use. For instance, naturally occurring substances that humans take in with a normal diet can serve as antioxidants and free radical scavengers, possibly reducing or eliminating tissue damage from oxidation or the presence of free radicals in those tissues. However, evidence for the benefit of diet supplementation is often controversial.

Prof. Paola Bagnoli
Guest Editor



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