

South Bay Retina

News and Views

Dry Macular Degeneration

Dry macular degeneration constitutes about 85-90% of all macular degeneration, yet no treatment exists for this often debilitating condition. Preventive treatment was established in the AREDS trial. However, efficacy was only established for a subgroup of patients who were found to have the more advanced type dry AMD or wet AMD in one eye. Despite this, many patients as well as practitioners support the use of AREDS supplements for even those with mild AMD or only a family history.

It appears, however, that more effective measures are possible. In 2008, a study from London showed that consumption of salmon twice a week or cod 26 times a week showed a 50% reduction in progression to wet AMD. At the 2009 ARVO meeting, an NEI study showed that individuals between age 60 and 80 who ate fish more than twice weekly were half as likely to develop wet AMD. What is significant

about these studies is that they rely on consumption of actual fish rather than a capsule substitute. There continues to be debate as to whether the fish oil capsules are as effective as the actual fish. AREDS II seeks to answer the question as to whether oral supplementations of Omega-3 fatty acids, lutein, and zeaxanthine have any benefit to patients with AMD as well.

Finally, there is some indication that the pharmaceutical industry may develop a treatment for dry AMD. Sirion pharmaceuticals has been granted fast track designation by the FDA for fenretinide for the treatment of geographic atrophy (GA) associated AMD. Fenretinide is an oral vitamin A

binding protein that is believed to halt the accumulation of retinol, a by-product of retinal metabolism and likely

pathogenetic factor in dry AMD. At 18 months, patients who received 300 mg of the oral medication showed a 45% reduction in the growth of GA lesions. Slower growth was also detected on lower dose of the medication. A phase III study is under development.

Many more exciting developments are in the pipeline. With the increasing amount of AMD, there is obvious incentive to develop interventions that address this problem. In the meantime, preventive measures like AREDS, fish, early detection through Amsler, and annual examinations remain the mainstay of management. For consultation and evaluation of your AMD or potential AMD patients, please contact South Bay Retina. In addition to monitoring and treatment of AMD, we strive to educate our patients on preventive measures and home monitoring.

Keshav Narain, M.D.

Vitreoretinal Diseases & Surgery

Events:

★ October 5, 2009

- Tarragon Restaurant, Sunnyvale
- Invited lecture:
"Allergy and Immunology"

★ September 20, 2009

- Hilton Garden Inn, Cupertino
- "Brunch with the Eye Specialists"
- Keshav Narain M.D., Peter Levin M.D. and Michael Furlong M.D.
- 4 CE credit lecture hosted by SBR

★ May 26, 2009

- Burlingame, CA
- Invited lecture; event hosted by the San Mateo County Optometric Society

★ May 12, 2009

- South Bay Retina Office, Sunnyvale
- "Indications and Innovations for Retinal Surgery in 2009"
- 1 CE credit course hosted by SBR

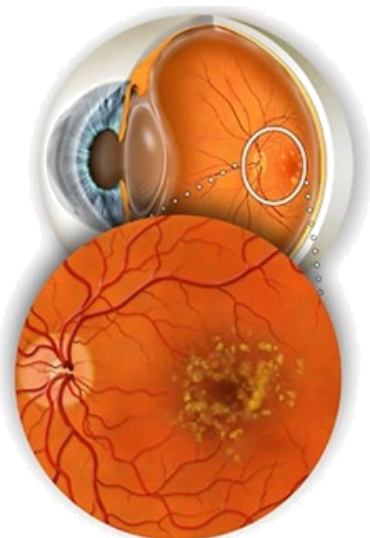
Our staff consists of well-trained technicians, photographers, and receptionists to help ensure the highest quality of care is given to all patients before, during, and after each visit. To better serve our patients, SBR staff speaks Spanish, Hindi, Gujarati, Russian and Vietnamese.

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Yellowish spots that form in the retina can be an early sign of dry macular degeneration