

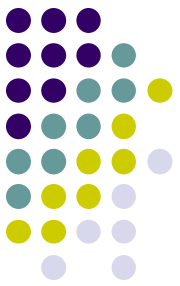
# Q



- What five **dietary factors** are known to influence DES status?

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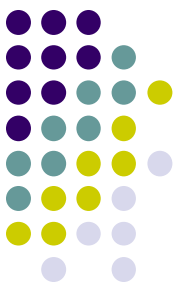
*Mnemonic forthcoming...*



# Q

- What five **dietary factors** are known to influence DES status?
  - H
  - A
  - V
  - O
  - C

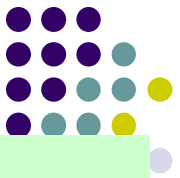
Imbalance with regard to these factors can wreak ***havoc*** with your DES status...



# A

- What five **dietary factors** are known to influence DES status?
  - Hydration
  - Antioxidant intake
  - Vitamin intake
  - Omega-3 fatty acid intake
  - Carotenoid levels

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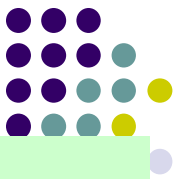


# Q

*How does omega-3 FA help DES?*

- Vitamin intake
- **Omega-3 fatty acid intake**
- Carotenoid levels

Imbalance with regard to these factors  
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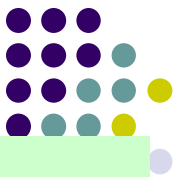
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*How does omega-3 FA help DES?*

It is a precursor to anti-inflammatory prostaglandins, and promotes their production

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*In what foods can it be found?*

● V  
ir

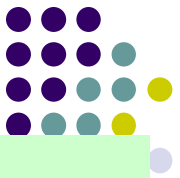


vitamin intake

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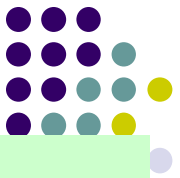


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*Does it have other beneficial effects within the eye?*



vitamin intake



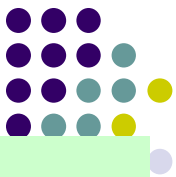
**Omega-3 fatty acid intake**



Carotenoid levels

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●

●

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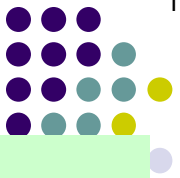
●

**Omega-3 fatty acid intake**

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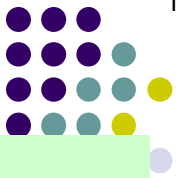
*Does it have systemic health-promoting effects?*

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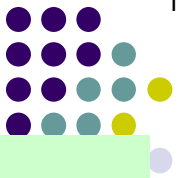
May help CAD, arthritis, dyslipidemias, and other systemic disorders

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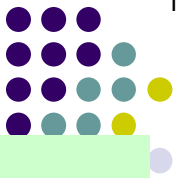
What is omega-3 FA's evil twin?

duction

patients

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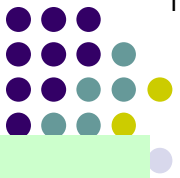
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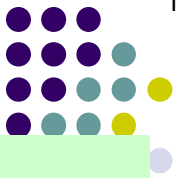
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Inflammation

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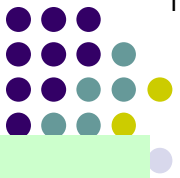
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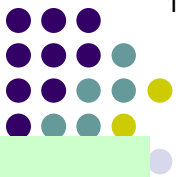
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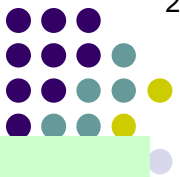
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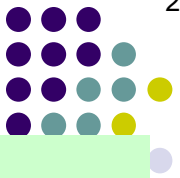
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**Omega-3 fatty acid**

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*It is the **ratio** of the dietary intake of these substances that is important*

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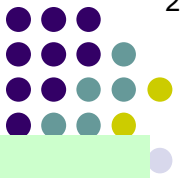
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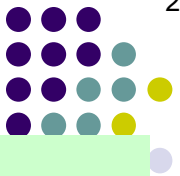
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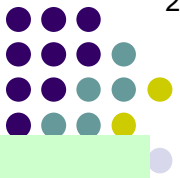
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