

Special Issue

Nutrition and Eye Health

Message from the Guest Editors

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. Dr. Laura Downie

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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