

If you have age-related macular degeneration (AMD), getting more omega-3 fats from fish oils may slow its progression, suggests new research from the large clinical trial called AREDS, which followed 1,800 people who already had AMD. Those who consumed the most omega-3s (mostly from seafood) were about 30% less likely to show a worsening of the disease over a 12-year period than those who consumed the least. Omega-3s in fish may reduce the inflammation implicated in AMD, the authors say. The study, in the American Journal of Clinical Nutrition, did not look at the effects of fish oil supplements. Earlier research linked omega-3s with reduced risk of developing AMD, a major cause of vision loss in older people.

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