

# Bausch + Lomb AVC Breakfast Symposium

## Diet and eye health: Translating research into practice



Friday 5 April 2013

Central Room A

Gold Coast Convention & Exhibition Centre

**7:00am Registration**


**7.15am Breakfast**

**7:30am to 8.30am Presentations**



RSVP: Monday 25<sup>th</sup> March 2013

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### Presenters:

Assoc Prof **Vicki Flood**

University of Wollongong, MPH, PhD, APD

Mr **Jason Holland**

B.App.Sci (Hons) (Optom), Grad Cert Occ Ther

**With an ageing population it is increasingly important to consider how to reduce the risk of age-related macular degeneration (AMD).**

Previous randomised controlled trials conducted among people with early signs of AMD have shown that progression of the disease can be reduced by about 35% among people who take a supplement of antioxidants and zinc. This breakfast meeting will discuss practical guidelines for improving diets to reduce the risk of AMD and the expanding role of the optometrist in introducing nutrients into the practice.