Low Blood Levels of Omega-3 Fats Linked With Glaucoma

Michelle O'Sullivan June 07, 2019

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(Newswire.net -- June 7, 2019) Orlando, FL -- Omega-3s can be found in a variety of food sources particularly in fish such as tuna, salmon, sardines, herring, and cod. Many people believe in the therapeutic benefits of these healthy fats. Deficiency of it is also believed to cause some detrimental effects on the body.

Low blood levels of omega-3 fats may be linked with glaucoma. This condition can damage the optic nerve of the eye, which can result in vision loss or blindness. Early detection of the condition is believed to help people reduce their risk.

According to experts, having healthy optic nerves is essential to maintain good vision. The optic nerve can be damaged by open-angle glaucoma, and this can lead to the development of a myriad of problems.

There are several factors that contribute to optic nerve damage. In the anterior chamber, which is a space in front of the eye, there is a clear fluid nourishes nearby tissues and that flows in and out of it.

In cases of open-angle glaucoma, the flow of this fluid is too slow that it produces buildup, and eventually, a damaging pressure. This increased pressure can destroy the optic nerve, and leads to vision loss. Controlling eye pressure is important to reduce the risk of the condition.

Sufferers often do not cause pain but it can cause peripheral vision loss when not properly addressed. If still left untreated, it could lead to blindness.

Omega-3s are thought to protect the eyes, especially among adults suffering from macular degeneration and dry eye syndrome. They also have the potential to aid in the proper drainage of the fluid in the anterior chamber.

More importantly, these healthy fats have the potential to reduce the risk of glaucoma and high eye pressure.

In 2008, a large study in Europe was conducted by a team of researchers. It was found that the participants who consumed oily fish, which have abundant levels of EPA and DHA, at least once a week experienced a risk reduction for neovascular (“wet”) macular degeneration by 50 percent.

While fish is one of the primary sources of omega-3s, there are many who resort to supplementation to take advantage of its healing benefits.

Fish oil supplements are believed to contain high levels of omega-3 fats. Thus, consumers can benefit more of the therapeutic effects of the fats.

One of the best things about using fish oil supplements is that there are herbal supplement manufacturers that use a molecular distillation process. This process works by reducing the levels of environmental pollutants from fish oil (amazon.com/Omega-Fish-Oil-Supplement-Softgels/dp/B00O8NS20K/).

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