



## Handbook of Nutrition, Diet and the Eye

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# Handbook of Nutrition, Diet and the Eye

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*The Handbook of Nutrition, Diet and the Eye* is the first book to thoroughly address common features and etiological factors in how dietary and nutritional factors affect the eye.

The ocular system is perhaps one of the least studied organs in diet and nutrition, yet the consequences of vision loss can be devastating. One of the biggest contributors to complete vision loss in the western hemisphere is diabetes, precipitated by metabolic syndrome. In some developing countries, micronutrient deficiencies are major contributory factors to impaired vision. However, there are a range of ocular defects that have either their origin in nutritional deficiencies or excess or have been shown to respond favorably to nutritional components. The eye from the cornea to the retina may be affected by nutritional components. Effects may be physiological or molecular.

This book represents essential reading for nutritionists, dietitians, optometrists, ophthalmologists, opticians, endocrinologists, and other clinicians and researchers interested in eye health and vision in general.

- Saves clinicians and researchers time in quickly accessing the very latest details on a broad range of nutrition, ocular health, and disease issues
- Provides a common language for nutritionists, nutrition researchers, optometrists, and ophthalmologists to discuss how dietary and nutritional factors, and related diseases and syndromes affect the eye
- Preclinical, clinical, and population studies will help nutritionists, dieticians, and clinicians map out key areas for research and further clinical recommendations

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