

# What To Expect

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## Initial Visit

If you are eligible and interested in participating, you will meet a member of the Wills Eye Research Team who will help answer your questions. You will be given a brief nutritional questionnaire to complete. Finally, you will be scheduled for your first study visit.

## Study Visit #1

We will measure your best corrected visual acuity. You will undergo three tests evaluating the health of your retina: optical coherence tomography (OCT), fluorescein angiogram, and multifocal electroretinogram (mfERG). In addition, we will acquire a blood sample to measure omega-3-fatty acid levels. You will be randomized to omega-3-fatty acid supplementation or to placebo. You will be given a one month supply of supplements.

## Study Visit #2 (One Month)

You will have a clinical examination and be given two more months of dietary supplements.

## Study Visit #3 (Three Months)

You will have a clinical examination and be given three more months of dietary supplements.

## Study Visit #4 (Six Months)

You will have a clinical examination, OCT, fluorescein angiogram, mfERG, and serum omega-3-index.

# Baseline Tests

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## Optical Coherence Tomography (OCT)

This test involves taking a cross-sectional picture of your retina.

## Fluorescein Angiogram

This test involves administration of intravenous fluorescein dye, a vegetable based dye, and taking pictures of your retina.

## Multifocal Electroretinogram (mfERG)

We will measure the electrophysiologic function of your retina using mfERG. The mfERG involves placing a contact lens on your eye for about 10 minutes while staring at a flashing light. The contact lens is connected to a computer that measures your retinal function.

## Serum Omega-3 Fatty Acid Index

This is a blood test that measures the amount of omega-3-fatty acid in your blood.

**How to enroll or receive more information:**

**Please contact Wills Eye Retina Research at 215-928-3092 to request more information or to enroll.**

# Wills Eye Institute

# Omega-3 Age-related Macular Degeneration Program

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## Background

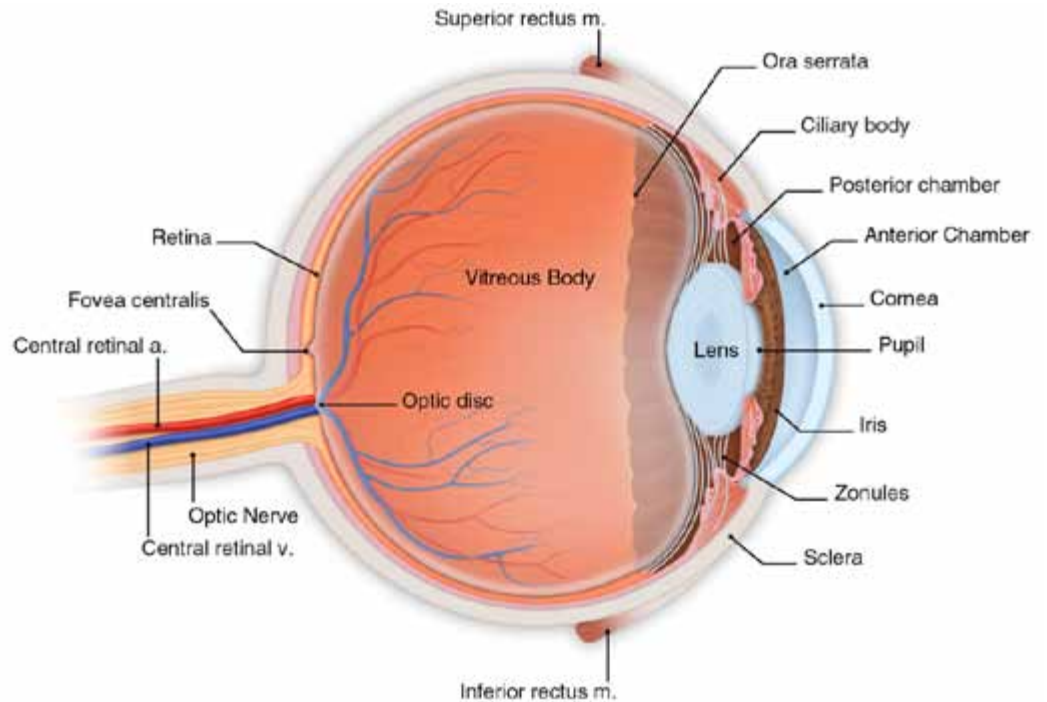
There is a growing amount of evidence supporting the beneficial effects of omega-3-fatty acids in dry age related macular degeneration (AMD). Recent studies report that individuals who eat more omega-3 rich foods have less advanced AMD and are at less risk for vision loss. Many foods boast high concentrations of omega-3-fatty acids, including cold water fish, walnuts, and eggs. Many people take over the counter omega-3 supplements as directed by their medical doctor. The aim of this study is to evaluate the short term effects of omega-3-fatty acid gel supplements on your vision and eye function.

## What Do I Receive?

Your gel supplements will be provided free of charge in this program. Your participation will help us understand if omega-3-fatty acids can help AMD patients. Omega-3 supplements are available over the counter and are regarded as safe. There is no payment for your participation.



Foods rich in omega-3-fatty acids, including fish, walnuts, eggs, and brussels sprouts.



A cross-sectional view of the eyeball. The retina is like a layer of wallpaper coating the inside of the eye. The retina is composed of many cells including photoreceptors, or vision cells, which have a high concentration of omega-3-fatty acids.

AMD leads to vision loss when it causes the photoreceptor cells to die. The photoreceptors are the cells that capture light and begin to transmit its signal to the brain. The highest concentration of omega-3-fatty acids in the body is in the photoreceptor cell layer. Therefore, we hypothesize that a diet with increased omega-3-fatty acids may improve vision by helping the function of the photoreceptor cell layer.

## Study Participants

Patients are eligible to participate if they have evidence of dry AMD in at least one eye. Patients must be willing and able to follow-up at Wills Eye Institute four times during a six month period for evaluation and testing (more details below). Patients taking fish oil or omega-3-acid supplementation (i.e., Lovaza or over the counter supplements) are ineligible from participating.