



Resveratrol food supplements in wet AMD: The 12-month findings of a prospective study

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Purpose

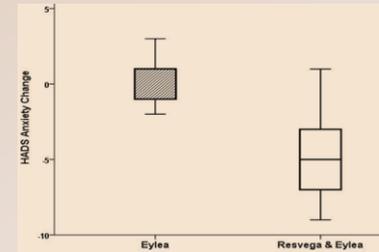
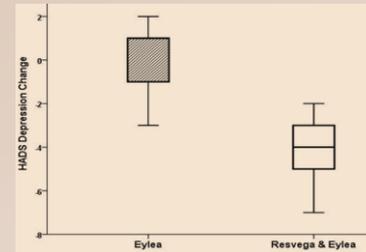
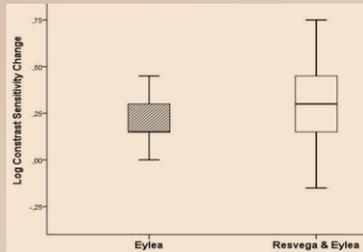
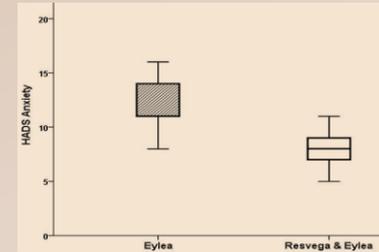
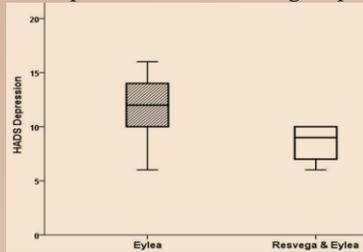
To examine the outcomes of a resveratrol food supplement as a complementary treatment cases of wet AMD.

Materials and Methods

In our prospective study, **50 naïve and previously untreated** patients suffering from wet-AMD were included. They were randomly assigned in two subgroups, each consisting of 25 patients, based on the applied treatment regimen. All the patients were treated with **3 monthly intravitreal injections of 2.0 mg aflibercept (IAs)** followed by injections according to need (**PRN protocol**). Moreover, the patients in the second group consumed daily **two tablets of resveratrol enriched oral supplement (Resvega®)**. The patients were assessed monthly for one year. The main outcome measures were **changes in best corrected visual acuity (BCVA), number of applied anti-VEGF injections, contrast sensitivity status (Pelli-Robson test), and patient's quality of life** assessed with a brief self-rating questionnaire (**HADS**).

Results

Between the studied groups, no significant changes were detected regarding the baseline demographic and clinical data ($p > 0.05$). Over the 12-month study period, a similar number of IAs was applied in both groups, while the rest of the clinical data also did not differ significantly after the completion of the study period ($p > 0.05$ for all), except for **HADS Depression** and **HADS Anxiety** questionnaires values, which were **significantly better in patients who received resveratrol oral supplements** ($p < 0.001$ for all). Furthermore, the **mean change from baseline values of contrast sensitivity, HADS Depression, and HADS Anxiety scores, were significantly improved** in the patients that were treated with resveratrol supplement compared to the patients of the other group.



Conclusion

Our findings suggest that resveratrol oral supplements could be considered as an adjunctive therapy in cases of wet AMD.