



Resveratrol supplements are associated with a significant improvement of contrast sensitivity in cases of wet AMD

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PURPOSE

To determine whether the daily intake of **resveratrol** food supplements in patients with wet age-related macular degeneration (AMD) is associated with an improvement of patients' **contrast sensitivity**.

MATERIALS and METHODS

50 naïve and previously untreated patients suffering from **wet-AMD** were enrolled in our **prospective study**. They were randomly assigned in two subgroups (of 25 patients), according to the applied treatment modality. In both groups, a **Pro Re Nata** treatment regimen of **intravitreal injections of 2.0 mg aflibercept (IAIs)** was applied; 3 monthly IAIs were followed by injections according-to-need, while in the second group the patients consumed daily two tablets of a resveratrol oral supplement. The patients' disease status was monitored every month for one year. **Contrast sensitivity** was assessed with the **Pelli-Robson chart**. The primary endpoint was the changes in the evaluated scores from the baseline values. Best corrected visual acuity (BCVA) at baseline and at 12 months, as well as the number of applied IAIs were also evaluated.

RESULTS

No significant changes were detected regarding the baseline demographic and clinical data ($p>0.05$ for all) between the studied groups.

Baseline Demographic and Clinical Characteristics of the Participants			
	Eylea (n = 25)	Eylea & Resvega® (n = 25)	P value
Age (years)	74.88 ± 7.58	74.44 ± 5.00	0.81
Male Sex (%)	28	40	0.38
LogMAR BCVA	0.66 ± 0.25	0.63 ± 0.22	0.65
Contrast Sensitivity	0.87 ± 0.45	0.86 ± 0.29	0.91

Over the 1-year study period, the mean values of contrast sensitivity had significantly improved in the patients that were treated with the resveratrol oral supplement compared to the patients of the other group (mean change 0.17 ± 0.19 vs. 0.35 ± 0.24 , $p=0.005$). It is worthy to note that the detected improvement was found even though no changes were identified regarding the BCVA values and the number of applied IAIs ($p>0.05$ for both) between the studied groups.

	Eylea (n = 25)	Eylea & Resvega® (n = 25)	P value
LogMAR BCVA (change)	-0.13 ± 0.16	-0.22 ± 0.19	0.09
Contrast Sensitivity (change)	0.17 ± 0.19	0.35 ± 0.24	0.005
Number of Injections	4.52 ± 1.00	4.28 ± 0.90	0.38

CONCLUSIONS

Our findings suggest that **resveratrol** oral supplements may have a **positive effect** in **wet AMD patients' contrast sensitivity**, resulting thus in a better visual function.

One-year outcomes of resveratrol supplement with aflibercept versus aflibercept monotherapy in wet age-related macular degeneration

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