



Daily intake of resveratrol food supplements is associated with a better quality of life status in patients 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) has an effect in patients' quality of life (QoL) status.

MATERIALS and METHODS

In our prospective study, **50 naïve and previously untreated patients** suffering from **wet-AMD** were enrolled. The patients were randomly assigned in two subgroups (of 25 patients each), based on the applied treatment regimen. 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. Moreover, the patients in the second group consumed daily two tablets of resveratrol oral supplement. The patients were re-examined every month for one year. Patients' quality of life status was assessed with two brief self-rating questionnaires (HADS Depression and HADS Anxiety). The primary endpoint was the changes in their scores. 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.

Demographic and Baseline 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
HADS Depression	11.80 ± 3.11	12.16 ± 1.97	0.63
HADS Anxiety	11.56 ± 2.96	12.68 ± 2.06	0.13

Over the 1-year study period, the mean values of HADS Depression and HADS Anxiety scores significantly improved in the patients that were treated with the **resveratrol** oral supplement compared to the patients of the other group (mean change 0.08 ± 1.38 -3.88 ± 1.48 <0.001 , 0.36 ± 1.98 -5.12 ± 2.70 <0.001). 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	Eylea & Resvega®	P value
LogMAR BCVA	-0.13 ± 0.16	-0.22 ± 0.19	0.09
Number of Injections	4.52 ± 1.00	4.28 ± 0.90	0.38
HADS Depression	0.08 ± 1.38	-3.88 ± 1.48	<0.001
HADS Anxiety	0.36 ± 1.98	-5.12 ± 2.70	<0.001

CONCLUSIONS

Our findings suggest that resveratrol oral supplements may have a positive effect in the wet AMD patients' QoL.

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

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