In diabetes there is also good news for the care of the retina
In Diabetes

> There is an excess of glucose in the blood.

> Giving rise to some toxic metabolites slowly damaging the walls of the vessels in the retina (visible at ophthalmoscopy): small wall dilatations and hemorrhages, and some floodings, which resolve and are reproduced successively.

> There exist oxidative damage and inflammation.

> A good control on the glucose excess reduces the rate at which these injuries progress, but an evil control accelerates them.

> With time, injuries in the retina progress, and hemorrhages and floodings worsen (edema) generating scars and new vessels, which are responsible of visual disturbances.

The Endocrine and Ophthalmic control is in your doctors’ hands
There is also good news

In our diet there are some nutrients, which are not drugs, which can help reducing the aggressiveness of these processes. To use them is in your hands.

It is necessary to reduce meat and animal fat consumption because they are rich in Omega-6 polyunsaturated fatty acids (which are proinflammatory). You should increase fish consumption because is rich in Omega-3 polyunsaturated fatty acids (which are anti-inflammatory).¹

Tridocosahexaenoine-AOX® (DHA's molecule patented by Brudy) is a Omega-3 triglyceride more similar to human DHA.

Some studies have revealed that supplementation with Tridocosahexaenoine-AOX®, for 2 years (3 capsules per day of BRUDYRETINA), reduces the magnitude of the floodings (edema) in the retina and in the macula, and contributes improving the quality of vision (the visual acuity).²

The Dietetic control is in your hands
Docosahexaenoic acid (DHA) contributes maintaining normal vision
This benefit is obtained with a daily intake of 250mg of DHA

Each BRUDYRETINA capsule includes 350mg of DHA as a Triglyceride, obtained from a highly concentrated DHA (Tridocosahexaenoine-AOX®), a BRUDY patent.

Dietetic counseling
You should have control of your glucose levels, of your arterial tension, your cholesterol and triglycerides levels. You should loose weight, make regularly active exercise, and avoid tobacco consumption. Reduce animal meat and fat consumption, and increase fish consumption. A regular ingestion of the food supplement prescribed by your doctor will potentiate the intake of healthy nutrients.

(1) Philip C. Calder; n-3 polyunsaturated fatty acids, inflammation, and inflammatory diseases; Am J Nutr 2006; 83 (suppl): 1505S-19S. (2) María Lafuente, et al; Tratamiento del Edema Macular Diabético con inyecciones intravitreas de Ranibizumab en regimen PRN mensual estricto. Influencia de la suplementación con DHA de alta concentración. Resultados a 12 y a 24 meses; Comunicación en Congreso de la Sociedad Española de Retina y Vítreo; Sevilla, Mayo 2014 y Madrid, Marzo 2015.