

Role of vitamin A & E in progression of retinal degeneration

Muhammad Hassaan Shahid

Punjab Medical College, Pakistan

Introduction: Retinitis pigmentosa can be a horrible disease especially for those who spend most of their time in learning. Sadly many young adults already have chosen their career paths when they are diagnosed with this disability. Also the prevalence rate is much higher in individuals who have a family history.

The purpose of the study was to find a way in which the rate of retinal degeneration can be minimized (or slowed down). We hypothesized that the disease will respond to dietary therapy.

Material & Methods: This interventional study comprised of ten subjects (age 21-23-Males) and was carried out at Allied Hospital, Faisalabad during a period of six months (January 2012-June 2012). All the patients were medical students and were diagnosed as having Retinitis pigmentosa. They had the initial symptoms of the disease with a gradual progression.

Two groups of the patients were made and compared.

1. 5 patients who received high doses (reaching almost toxic doses) of vitamin A & E
2. 5 patients who continued with the ordinary routine (No intervention)

Biography

Muhammad Hassaan Shahid is currently studying MBBS (equivalent to MD) in Punjab Medical College, Pakistan. He has presented his researches in different International conferences in Germany and Holland. His topic of interest is ophthalmology (especially retina), in which he wants to pursue his career. In his leisure time, he reads literature and does volunteer research work.

hassaan.radioactive@gmail.com