

OPTIC NERVE HYPOPLASIA



PATIENT DIET



▶ **DIET MANAGEMENT TIPS TO MANAGE OPTIC NERVE HYPOPLASIA**

A congenital disorder called optic nerve hypoplasia (ONH) affects the development of the optic nerves in children, negatively impacting their vision in either one or both eyes. It is also recurrently seen along with other abnormalities within the central nervous system, causing repercussions on the overall health of the child.

There is no permanent cure for ONH, but if your condition is severe opt for optic nerve hypoplasia stem cell treatment in India from Stem Cell Care India can give you some hope to reduce the progression of symptoms. Although according to experts a healthy and balanced diet can contribute to maintaining eye health and lead to a feeling of greater well-being.

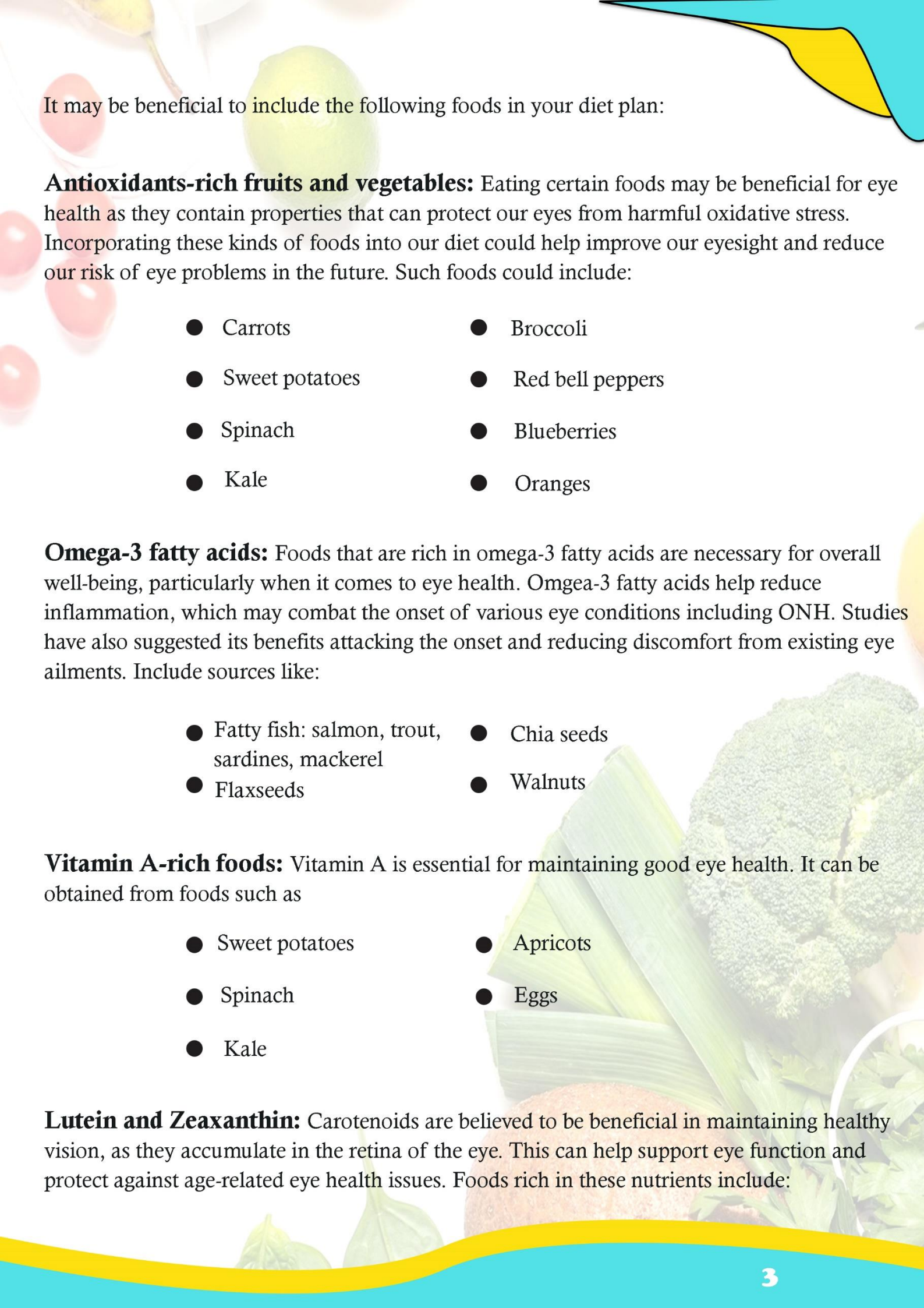
Consuming a well-balanced diet that is high in nutrients, minerals, and fiber can help in controlling the signs and symptoms of optic nerve hypoplasia.

But do you ever think about how a diet can help? Let's understand below.

- It helps in reducing inflammation
- Supports maintaining a healthy weight
- Supports your overall eye health

▶ **WHAT TO EAT WHEN YOU HAVE OPTIC NERVE HYPOPLASIA?**

It is essential for individuals living with optic nerve hypoplasia to follow a balanced diet that looks after overall eye health and delivers necessary nutrients. Although diet alone cannot treat the condition, specific foods can help to enhance eye health and overall wellness you should consider taking help from the experts.



It may be beneficial to include the following foods in your diet plan:

Antioxidants-rich fruits and vegetables: Eating certain foods may be beneficial for eye health as they contain properties that can protect our eyes from harmful oxidative stress. Incorporating these kinds of foods into our diet could help improve our eyesight and reduce our risk of eye problems in the future. Such foods could include:

- Carrots
- Sweet potatoes
- Spinach
- Kale
- Broccoli
- Red bell peppers
- Blueberries
- Oranges

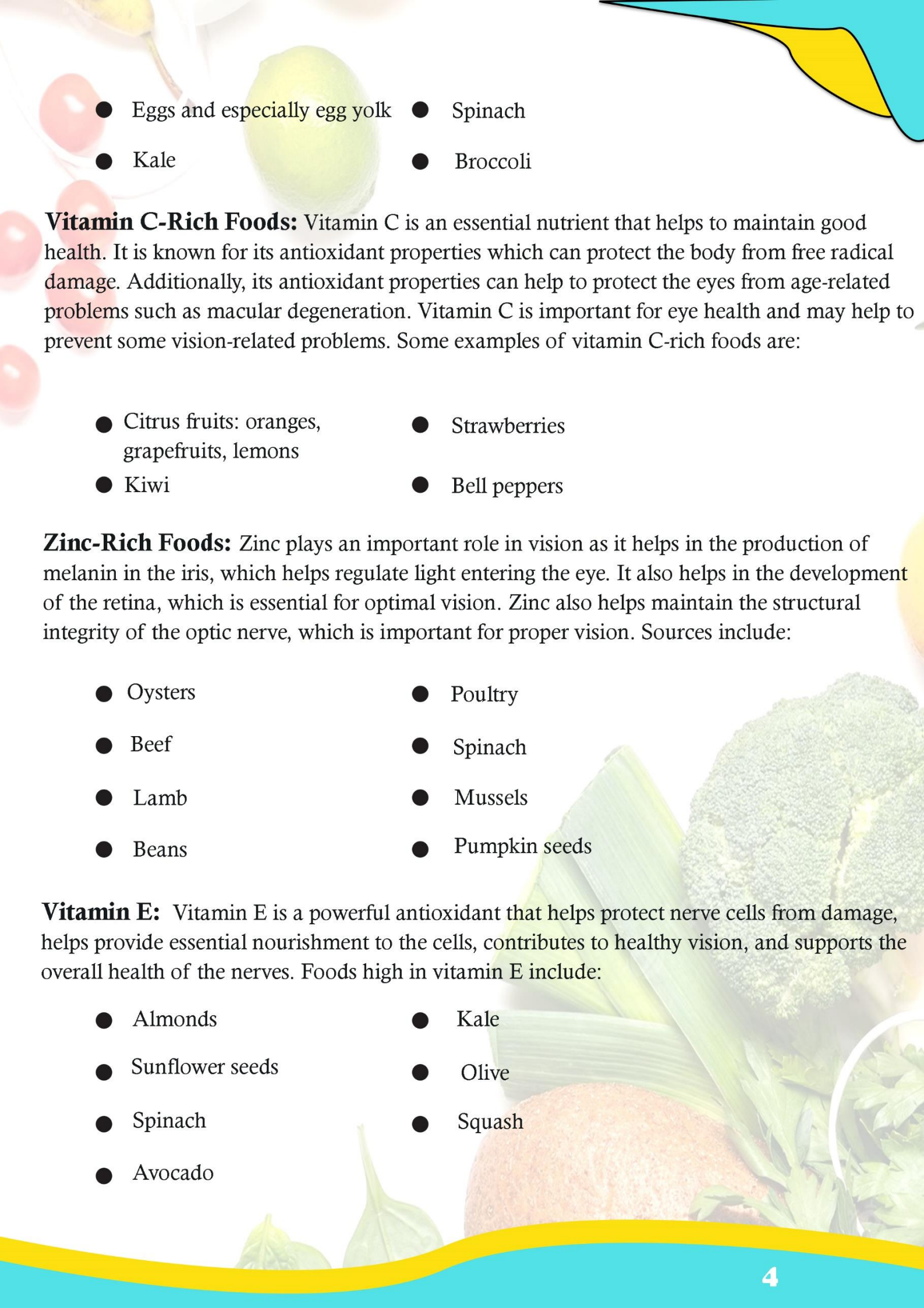
Omega-3 fatty acids: Foods that are rich in omega-3 fatty acids are necessary for overall well-being, particularly when it comes to eye health. Omega-3 fatty acids help reduce inflammation, which may combat the onset of various eye conditions including ONH. Studies have also suggested its benefits attacking the onset and reducing discomfort from existing eye ailments. Include sources like:

- Fatty fish: salmon, trout, sardines, mackerel
- Flaxseeds
- Chia seeds
- Walnuts

Vitamin A-rich foods: Vitamin A is essential for maintaining good eye health. It can be obtained from foods such as

- Sweet potatoes
- Spinach
- Kale
- Apricots
- Eggs

Lutein and Zeaxanthin: Carotenoids are believed to be beneficial in maintaining healthy vision, as they accumulate in the retina of the eye. This can help support eye function and protect against age-related eye health issues. Foods rich in these nutrients include:

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- Eggs and especially egg yolk
 - Spinach
 - Kale
 - Broccoli

Vitamin C-Rich Foods: Vitamin C is an essential nutrient that helps to maintain good health. It is known for its antioxidant properties which can protect the body from free radical damage. Additionally, its antioxidant properties can help to protect the eyes from age-related problems such as macular degeneration. Vitamin C is important for eye health and may help to prevent some vision-related problems. Some examples of vitamin C-rich foods are:

- Citrus fruits: oranges, grapefruits, lemons
- Strawberries
- Kiwi
- Bell peppers

Zinc-Rich Foods: Zinc plays an important role in vision as it helps in the production of melanin in the iris, which helps regulate light entering the eye. It also helps in the development of the retina, which is essential for optimal vision. Zinc also helps maintain the structural integrity of the optic nerve, which is important for proper vision. Sources include:

- Oysters
- Poultry
- Beef
- Spinach
- Lamb
- Mussels
- Beans
- Pumpkin seeds

Vitamin E: Vitamin E is a powerful antioxidant that helps protect nerve cells from damage, helps provide essential nourishment to the cells, contributes to healthy vision, and supports the overall health of the nerves. Foods high in vitamin E include:

- Almonds
- Kale
- Sunflower seeds
- Olive
- Spinach
- Squash
- Avocado



Whole Grains: Consuming whole grain foods can help in managing optic nerve hypoplasia by providing essential nutrients such as vitamin A, zinc, copper, and selenium. This also contains healthy carbohydrates and fiber that can help in maintaining healthy blood sugar levels which is important for managing optic nerve hypoplasia. Some rich sources of whole grains are:

- Brown rice
- Whole wheat
- Quinoa
- Oats

Remember to consult with a qualified healthcare professional or a registered dietitian to create a personalized diet plan that meets your specific needs and medical condition.

◆ Foods to Cut Down When You Have Optic Nerve Hypoplasia

Here are some general recommendations:

High-sugar foods and drinks: Over-consumption of sweet foods and beverages may lead to fluctuation of blood sugar levels, which can possibly affect eyesight. It is especially imperative for people with diabetes or conditions related to optic nerve hypoplasia to properly monitor their blood sugar levels.

Highly processed foods: The consumption of processed foods, particularly those with a substantial content of trans fats, refined sugars, and artificial additives, can lead to inflammation and oxidative stress, both of which may negatively influence one's overall health of the eyes.

Caffeine: Incorporating caffeine in large quantities may lead to dehydration, which may have a negative impact on overall health, including eye health. Therefore, it is advisable to consume it in moderate amounts.

Tobacco and smoking: The usage of tobacco and smoking has been linked to a variety of ocular diseases and has been noted to potentially worsen illnesses such as optic nerve hypoplasia. Implementing a lifestyle that eschews tobacco and smoking is crucial for preserving one's general wellness, particularly regarding eye health.



Excessive alcohol: The excessive consumption of alcohol can have a negative impact on eye health and thus it is advisable to either reduce the amount of alcohol consumption or abstain from it completely.

Allergenic foods: It is essential to avoid foods to which one has known allergies or sensitivities, in order to avert possible allergic reactions or inflammation that may be detrimental to one's eyes.

It is essential to collaborate with healthcare personnel from SCCI, the best and most affordable stem cell therapy hospital in Delhi, India if your condition is severe, in order to properly manage Optic Nerve Hypoplasia (ONH) issues and investigate any extra interventions or treatments that may be requisite for a particular circumstance. This is directed towards promoting and ensuring general wellbeing as well as eye health.



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