

RETINITIS PIGMENTOSA



PATIENT DIET



▶ **DIETARY MANAGEMENT FOR RETINITIS PIGMENTOSA**

Having a nutritious and balanced diet is essential to ensuring healthy eyes and preventing certain diseases such as Retinitis Pigmentosa. Now you might be thinking about how and what kind of diet should you follow to ensure optimal protection of your eyes from such illness. Don't worry we are here to guide you.

Experts and research papers have indicated that people with the condition who take a nutritious diet may experience slower advancement of disease symptoms.

Apart from dietary changes, there is some non-surgical retinitis pigmentosa stem cell treatment in Delhi, which can help manage the condition. Stem Cell Care India, a leading health consultant in Delhi, provides the best quality healthcare service at an affordable price to assist those with retinitis pigmentosa.

But, is it possible to use a diet consisting of food to reduce the progression of Retinitis Pigmentosa?

Although there is no permanent cure for this condition, those experiencing retinitis pigmentosa may find some relief by incorporating a diet high in essential vitamins, minerals, and proteins into their lifestyle. This dietary choice may reduce the rate of vision loss linked to the disease.

What Food You Should Include in Your Diet Management Plan?

Green and dark leafy veggies and bright-colored fruits: Vegetables such as spinach, kale, broccoli, collards, green peas, and parsley are very beneficial for eyesight due to their lutein and zeaxanthin content, powerful antioxidants which protect the eye cells from free radical-induced damage. Furthermore, brightly coloured fruits like honeydew melon, orange juice, squash, and grapes are also high in these two carotenoids, even though their pigmentation is usually overshadowed by the green hue of chlorophyll.



Beef liver and fish oil: In order to slow down the progression of retinitis pigmentosa, including Vitamin A palmitate in your diet is a must, Great sources to obtain this essential nutrient are beef liver and fish oils.

Nut and seeds: When searching for a nourishing breakfast, throwing together a mix of different nuts, such as almonds, pine nuts, walnuts, peanuts, pecans, pistachios, and cashew nuts, can make a great meal. In addition to being scrumptious, these nuts are packed with minerals including magnesium, calcium, zinc, and vitamins B1, B2, B3, and Vitamin E.

Dairy food products: Both Vitamin A and its form Vitamin-A palmitate also known as retinoid, boast beneficial properties for immune system strengthening and eye health. In particular, Vitamin A palmitate is particularly useful for individuals suffering from Retinitis Pigmentosa, since it is more easily absorbed and metabolized in comparison to other forms of Vitamin A. This key nutrient can be obtained from several dairy products, such as milk, eggs, and especially egg yolks, cheese, and yoghurt.

Incorporate omega-3 fatty acids: Consuming fish and seafood is an excellent way to obtain essential omega-3 fatty acids. Salmon, mackerel, anchovies, oysters, crab, trout, and tuna are especially healthy and tasty! Research has demonstrated that these acids encourage visual development and help maintain retinal health. Additionally, inadequate intake of omega-3 fatty acids can lead to dry eye syndrome.

For optimal health and success, incorporate these items into your diet for long-term rewards. However, apart from the must-include food items, there are also certain food products that an individual must not take listed below are some of them. But if your condition is more severe, and if you want to discard the possibility of surgery in lieu of a more natural form of treatment, consider consulting with the best stem cell center for Retinitis Pigmentosa in Delhi.

► Foods You Should Avoid

Avoid consuming sugary drinks: Although consuming chilled cold drinks can make meals more enjoyable, they, unfortunately, come with the risk of high sugar content. This can lead to greater chances of type-2 diabetes, heart disease, obesity, high blood pressure, high cholesterol, and eye problem due to increased eye pressure, and all of these health issues can have a detrimental effect on overall eye health.



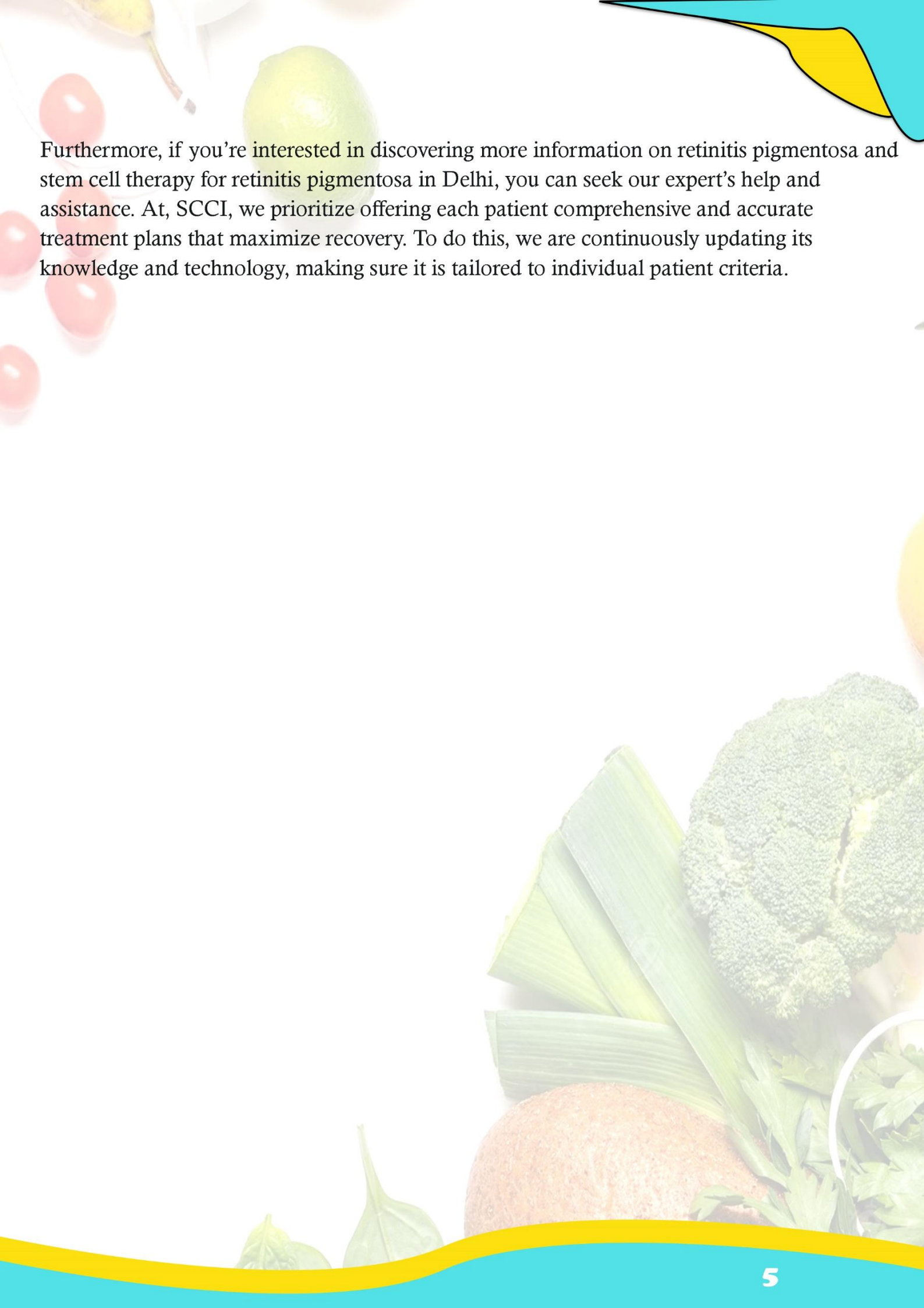
Cut out fried foods: When looking for a yummy snack, fried foods may be an option, but bear in mind their potentially detrimental consequences on your health. These delectably crunchy and flavourful meals may be pleasant to eat, however, they can cause a rise in bad cholesterol and hypertension, potentially compromising your vision in the long term.

Don't eat saturated fatty foods: Consuming excessive amounts of saturated and trans fats, such as those found in cheese, sausages, butter, cakes, and other packaged items, can have deleterious effects on one's health. This is because these fats can accumulate and harden, leading to the formation of artery-blocking plaques. This can then impede the flow of oxygen and essential nutrients to the cells of the eyes, leading to a diminished supply of nourishment for the retinal cells.

Colourless and plain foods: Have you ever been tempted to have something white to eat? Instead of resorting to unhealthy refined white foods, why not choose a healthier option such as whole-grain products? Packed full of essential vitamins, minerals, proteins, and fiber, whole grains can be a great addition to your diet. Examples of whole-grain foods include bread, rice, cereals, and quinoa – all of which offer tastier and more nutritious alternatives to white items.

Eben though you may not enjoy changing your diet and avoiding fatty and unhealthy foods, it will be beneficial to your eye health in the long run.

Despite the potential benefits that dietary changes can have for people living with this condition, there is still no guarantee that they will hold back the progression of the disease. It is essential to seek advice from healthcare professionals or registered dietitians before planning to later one's eating habits, especially when managing an existing medical condition. This is because they are able to customize a plan suited to the individual's needs and medical history.



Furthermore, if you're interested in discovering more information on retinitis pigmentosa and stem cell therapy for retinitis pigmentosa in Delhi, you can seek our expert's help and assistance. At, SCCI, we prioritize offering each patient comprehensive and accurate treatment plans that maximize recovery. To do this, we are continuously updating its knowledge and technology, making sure it is tailored to individual patient criteria.



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