

## LUTEIN/ZEAXANTHIN CATARACT STUDY 2

AGED 45-71. . .22% DECREASED RISK OF CATARACT



To examine prospectively the association between carotenoid and vitamin A intakes and cataract extraction in women, a prospective cohort<sup>26</sup> of registered female nurses aged 45-71 y and free of diagnosed cancer was followed; in 1980, 50,461 were included and others were added as they became 45 y of age for a total of 77,466. Information on nutrient intake was assessed by repeated administration of a food-frequency questionnaire during 12 y of follow-up. The results were as follows: During 76,1762 person-years of follow-up, 1471 cataracts were extracted. After age, smoking, and other potential cataract risk factors were controlled for, those with the highest intake of lutein and zeaxanthin (11.7 mg/day) had a 22% decreased risk of cataract extraction compared with those in the lowest quintile (relative risk: 0.78; 95% CI: 0.63, 0.95; P for trend = 0.04). Other carotenoids (alpha-carotene, beta-carotene, lycopene, and beta-cryptoxanthin), vitamin A, and retinol were not associated with cataract in multivariate analysis. Increasing frequency of intakes of spinach and kale, foods rich in lutein, was associated with a moderate decrease in risk of cataract. In conclusion, lutein and zeaxanthin and foods rich in these carotenoids may decrease the risk of cataracts severe enough to require extraction.

<sup>26</sup> Chasan-Taber L, Willett WC, Seddon JM, Stampfer MJ, Rosner B, Colditz GA, Speizer FE, Hankinson SE. A prospective study of carotenoid and vitamin A intakes and risk of cataract extraction in US women. *Am J Clin Nutr*. 1999 Oct;70(4):509-16.