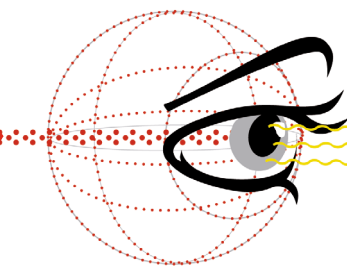


Rotary eClub One supports you
in the Cataract and Macular degeneration
Education /awareness project

Exposure to oxidative stress

Free radicals are a burden for the eye, because the eye has the highest bloodcirculation in the body

The double burden of eye



Exposure to photooxidative stress main causes of blindness:

1. Maculadegeneration – in **industry countries**
2. Cataract – in **deveoping countries**

1. Lightdamage by the **blue rays** of Sunlight



The consequence is **Maculadegeneration**

2. Lightdamage by **UV-light** of Sunlight



The consequence is **Cataract**

After cataract operation:
6x higher risk for maculardegeneration

Nutrition/Metabolism

- plants with high zeaxanthin (e.g. tagetes plants)
- Vitamin C
- smoking reduces vitamins by up to 66 % and reduces the protection

Rotary project for

- **developing countries avoid cataract**
- **developed countries avoid maculardegeneration**

Lightprotection

- sunglasses with UV and bluelight blocking
- use a sun shield (Rotary cap)

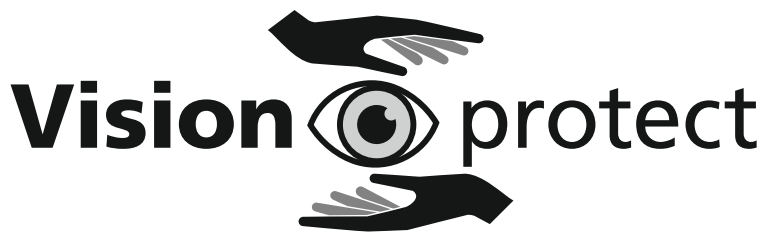
Did you know:

Vitamin C concentration of the eye in comparison with the blood		mmol/g H ₂ O
bloodplasm	1	0,05
corpus vitreus	x 30	1,50
lens	x 100	5,00
cornea stroma	x 100	5,00
cornea epithelium	x 240	12,00

In the Himalayas young people, 17 years old. can have a mature cataract.

- due to UV-light
- due to malnutrition

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First Name:	E-Mail:
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Last Name:	-----
-----	-----
Adress:	Phone:
-----	-----
-----	Rotary Club:
-----	-----
City:	-----
-----	-----
Country:	-----
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YOUR SUGGESTIONS FOR A COMMON ROTARY PROJEKT IN YOUR CITY:

Are you interested in starting this programme together with Rotary eClub One in your city?

Could you integrate this programme into one your ongoing projekt?

Do you have additional ideas to improve Visionprotect?

Thank you very much!