Vitamin A appears helpful in pediatric retinitis pigmentosa

April 2 2018

(HealthDay)—For children with retinitis pigmentosa, vitamin A

supplementation is associated with slower loss of cone electroretinogram amplitude, according to a study published online March 29 in *JAMA Ophthalmology*.

Eliot L. Berson, M.D., from Harvard Medical School in Boston, and colleagues conducted a nonrandomized comparison study involving children with retinitis pigmentosa taking or not taking vitamin A supplementation (55 and 25, respectively). The main outcome was the mean exponential rates of change of full-field cone electroretinogram amplitude to 30-Hz flashes.

The researchers found that in the unadjusted model, the estimated mean rates of change were –0.0713 $\log_e$ unit/year for the vitamin A cohort and –0.1419 $\log_e$ unit per year for the control cohort (–6.9 and –13.2 percent per year, respectively). A slower mean rate of decline was confirmed in the vitamin A cohort in the adjusted model (difference, 0.0771 $\log_e$-unit per year). There was no difference by cohort in the mean exponential rates of change of visual field area and visual acuity and the incidences of falling to a visual field diameter of 20 degrees or less or a visual acuity of 20/200 or less in at least one eye.

"A vitamin A palmitate supplement was associated with a slower loss of cone electroretinogram amplitude in children with retinitis pigmentosa," the authors write.

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