

Vitamin A appears helpful in pediatric retinitis pigmentosa

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(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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