

# Red Light Therapy & Eye Health



Our retinas are susceptible to damage from various sources, including bright light, aging, and certain diseases. This damage often involves mitochondrial dysfunction and oxidative stress, which can lead to vision loss.

**Red light therapy (RLT) is emerging as a potential treatment for retinal damage. It works by:**

- **Protecting mitochondria:** RLT helps these cellular powerhouses function properly, reducing oxidative stress and promoting cell survival.
- **Reducing inflammation:** Inflammation plays a key role in retinal damage. RLT helps calm this inflammation, protecting delicate retinal cells.

**Here's how RLT can help with specific eye conditions:**

- **Light-induced damage:** RLT can protect against damage caused by bright light, especially when applied before exposure.
- **Age-related macular degeneration (AMD):** RLT can improve mitochondrial function and reduce inflammation in AMD, potentially slowing its progression.

RLT is a non-invasive, drug-free approach to protecting and even improving retinal health. While research is ongoing, it offers hope for preventing vision loss and improving the quality of life for people with retinal diseases.

