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News Release

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VA Research Showing Exercise Helps Protect Eyes From Disease Is Gaining National & International Media Attention

Machelle Pardue, PhD and colleagues Eric Lawson and Jeffrey H. Boatright, PhD at the Atlanta VA Center for Visual and Neurocognitive Rehabilitation and Emory University have recently published findings demonstrating the protective effect that exercise may have on the eye – protecting it against retinal degeneration and other diseases.

Their research has caught the attention of local, national, and international media outlets and the information is spreading quickly. Dr. Pardue & Dr. Boatright are optimistic that their findings will soon be put into practice by ophthalmologists. Hopefully, all of the media buzz will help everyone understand the importance of this sooner rather than later.

- Published in the Journal of Neuroscience on January 12, 2014; “Aerobic exercise protects retinal function and structure from light-induced retinal degeneration”
- Featured in the New York Times story “Exercising for Healthier Eyes” on March 26, 2014
- Featured on the Fox News story “Moderate exercise may prevent age-related blindness” on February 12, 2014
- Articles on the following websites:
 - Australian Fitness Network: “Exercise may also improve eye fitness”
 - Med India: “Exercise may Reduce Retinal Degeneration: Study”; 02/13/14
 - Macular Degeneration Association: “Prevent Macular Degeneration With Exercise: One Hour A Day On Treadmill Could Prevent Blindness-Causing Disease”; 02/09/14
 - Medical Daily: “Prevent Macular Degeneration With Exercise: One Hour A Day On Treadmill Could Prevent Blindness- Causing Disease”; 02/09/14
 - Medical News Today: “Exercise may slow diseases that cause blindness”; 02/19/14
 - New Scientist: “Exercise could help prevent age-related blindness”; 02/12/14
 - Science Daily: “Exercise may slow progression of retinal degeneration”; 02/07/14
 - Optician Online: “Moderate exercise can steal a march on AMD”; 02/21/14
 - RedOrbit: “Retinal Degeneration may be slowed by moderate exercise”; 02/12/14