

Northern (NHS) Treatment Advisory Group

Treatment Appraisal: Decision Summary

Date	3 rd June 2014
Appraisal & Details	<p>High Dose Vitamin and Mineral supplements for the prevention of progression of AMD.</p> <p>The Northern (NHS) Treatment Advisory Group considered an appraisal of high-dose vitamin and mineral supplements in the prevention of progression of AMD.</p>
Recommendation	<p>The Northern (NHS) Treatment Advisory Group does not recommend the use of high-dose vitamin and mineral supplements in the prevention of progression of AMD.</p> <p>The group was concerned with the quality of the clinical evidence (wide confidence interval) and the lack of any long term safety data with high dose supplementation. There is no data to support the use of vitamins and minerals in prevention of AMD i.e. in currently healthy patients with increased risk factors for AMD.</p>
Clinical evidence summary	<p>The evidence for the use of high-dose vitamin and mineral supplements in the prevention and progression of AMD is based primarily on two large randomised controlled trials (AREDS and AREDS2). In the original AREDS study, a specific combination of antioxidant vitamins plus zinc demonstrated a modest reduction in the progression to advanced AMD compared to placebo. The study showed that supplementation was most beneficial for people who had intermediate or advanced AMD. However the wide confidence interval suggests that there may be some uncertainty in the result and that the observed effect may not be clinically important. (OR = 0.73 (99% CI 0.52-0.99)).</p>
Safety	<p>Nutritional supplements claiming to improve eye health are unlicensed and generally have not undergone the rigorous testing (including safety testing) required of licensed products. These products also contain significantly higher than recommended daily allowances of some vitamins and minerals and long-term safety of taking such high doses is not known. The original AREDS supplements contain beta-carotene and people who smoke or are recent ex-smokers should not take them.</p> <p>An AREDS 2 formula without beta-carotene is now available. In view of recent findings of possible harm from high doses of vitamins C and E, the benefits and risks of supplementation in patients with pre-existing diabetes, heart or vascular conditions will also need to be taken into consideration.</p>
Patient Perspective	<p>AMD is the leading cause of vision impairment in people over 50 years old.</p> <p>A healthy diet containing a wide variety of fresh fruit and vegetables is likely to provide many benefits, without any potential harmful effects however diet alone would not provide the high levels of vitamins and minerals found in the AREDS studies.</p>
Cost analysis summary	<p>Treatment costs based on a prevalence of 8% and if restricted to those with intermediate or advanced AMD would be £147,825 (AREDS formula) or £208,053 (AREDS 2 formula) per 100,000 patients aged 50 years or over.</p>
Financial impact	<p>The potential cost impact is moderate due to the increasing burden of disease.</p>
PbR: In-tariff	<p>The financial impact of this recommendation is expected to be nil.</p>