



# Advancing Eye Health Through Collaboration on AREDS and AREDS2

## Introduction

Age-related macular degeneration (AMD) is a leading cause of vision loss in older adults, posing a significant public health challenge with limited treatment options. In response, the National Eye Institute (NEI) launched two major clinical studies—AREDS and AREDS2—to explore whether specific nutritional interventions could slow the progression of the disease. As the coordinating center for both studies, Emmes played a central role in their successful execution, contributing critical expertise in study design, data management, and analysis. This case study outlines the collaborative efforts and lasting impact of this work.

## The Challenge

Age-related macular degeneration (AMD) is a leading cause of vision loss in older adults. With no cure available, the need to find effective strategies to slow its progression became critical.

## The Solution

The National Eye Institute (NEI) initiated two landmark clinical trials—AREDS and AREDS2—to evaluate the role of dietary supplements in reducing the risk of advanced AMD. Emmes served as the coordinating center for both studies, functioning as a full-service CRO.

### Participants

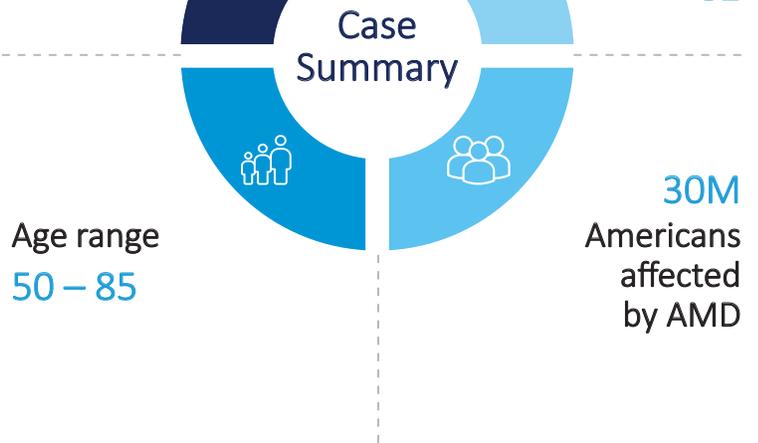
AREDS  
4,757

AREDS2  
4,203

### Number of clinical sites

AREDS  
11

AREDS2  
82



## Emmes' Role

### AREDS and AREDS2 Milestones



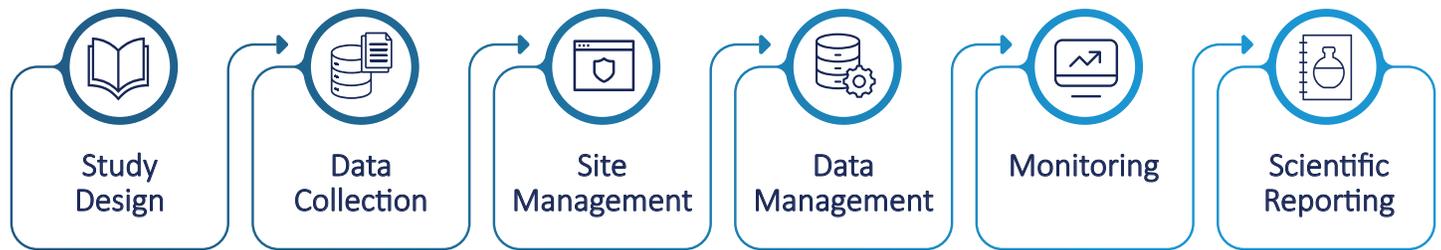
Design and methodology development for statistical and analytical aspects

Data collection and analysis across 11 centers (AREDS) and 82 sites (AREDS2)

Site management and communication - Data management and monitoring

Deployment of electronic data capture (EDC) systems

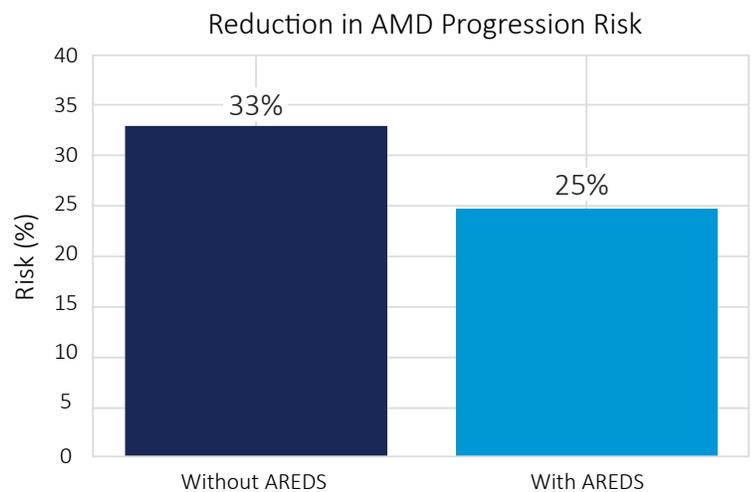
Scientific reporting in collaboration with NEI



## Outcomes & Impact

**AREDS:** Demonstrated that the original supplement formulation reduced the risk of advanced AMD by ~25% in individuals with intermediate or advanced AMD in one eye.

**AREDS2:** Showed that removing beta-carotene and adding lutein, zeaxanthin, and omega fatty acids reduced cancer risk in smokers without compromising efficacy.



## Public Health Impact

The AREDS2 formulation is now recognized as a cost-effective, non-invasive strategy that may benefit an estimated 30 million Americans with AMD

"The impact of this work is profound- providing a scientifically validated approach to slowing the progression of AMD and also improving the quality of life for millions of patients worldwide."

Nilay Shah, SVP, Commercial Strategy

For additional information on Advancing Eye Health Collaboration on AREDS and AREDS2

[www.emmes.com](http://www.emmes.com)