

**GLAUCOMA RISK IS LOWER WHEN YOU PUT ON THE KETTLE FOR A CUP OF TEA**

**Study finds large reduced diagnosis of serious eye condition in regular tea drinkers**

Carrots are famous for helping us to see in the dark, thanks to their high vitamin A content, but a lesser known sight saver could be the humble British cup of tea.

Commenting on the study, Dr Catherine Hood at the **Tea Advisory Panel (TAP)**, said: “A new study[[1]](#footnote-2) in 1678 adults, published in the British Journal of Ophthalmology, has found that enjoying at least one cup of tea daily was associated with a statistically significant **74% reduced risk** of being diagnosed with glaucoma. This is an irreversible condition where a build-up of pressure in the eye can result in sight loss. No beneficial effects were seen when participants drank caffeinated and decaffeinated coffee, iced tea or soft drinks.

“Around two million people in the UK live with sight loss according to the RNIB[[2]](#footnote-3). A major cause is glaucoma which is thought to be responsible for one in ten people who register as blind[[3]](#footnote-4).

“This study found a significant reduction in risk when people drank tea regularly. A reason for this health benefit could be the link between tea and its high flavonoid content as these compounds are known to have many health antioxidant properties.”

“While the mechanisms involved in this study need to be explored further, it would appear that drinking at least one cup of tea daily could help to prevent conditions such as glaucoma which cause irreversible sight loss”.

ENDS

**The Tea Advisory Panel:** The Tea Advisory Panel is supported by an unrestricted educational grant from the **UK TEA & INFUSIONS ASSOCIATION**, the trade association for the UK tea industry. The Panel has been created to provide media with impartial information regarding the health benefits of tea. Panel members include nutritionists; dieticians and doctors.

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1. Wu CM et al. (2017) Frequency of a diagnosis of glaucoma in individuals who consume coffee, tea and/or soft drinks. Br J Ophthalmol. 2017 Dec 14. pii: bjophthalmol-2017-310924. [Epub ahead of print] [↑](#footnote-ref-2)
2. [www.rnib.org.uk/professionals/knowledge-and-research-hub/key-information-and-statistics](http://www.rnib.org.uk/professionals/knowledge-and-research-hub/key-information-and-statistics) [↑](#footnote-ref-3)
3. [www.bmj.com/bmj/section-pdf/187924?path=/bmj/346/7912/Clinical\_Review.full.pdf](http://www.bmj.com/bmj/section-pdf/187924?path=/bmj/346/7912/Clinical_Review.full.pdf) [↑](#footnote-ref-4)