



## New Program For Improving Vision

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[New Program To Help Vision](#)

It's an inevitable fact of life. As soon as a person reaches a certain age, their vision usually starts to slip. In our Healthy Living report there is a new program that might help, without glasses or surgery.

Joyce Main is one of the millions of Americans who needed reading glasses as she started to age. She eventually found out about an alternative, called the Vision Improvement Program and decided to try it.

"I would say within the first 10 sessions, I was already noticing an improvement," Joyce said.

Doctors say the program uses computer technology to help improve problems with near vision or Presbyopia. Unlike other treatments, it works without the aid of glasses or surgery. It's different because it targets the brain, instead of the eyes.

"This particular technology is actually training the brain, that network of neurons in the brain to be more efficient and see things a little better," said O.D. Todd Kimball.

The patient can do the program in their own home. They perform a series of interactive visual tasks. The tasks are said to train the visual cortex of the brain to process images more clearly.

Doctors say it's not a fix all, but research shows it can delay the onset of presyopia.

"If we all live long enough, you'll eventually need reading glasses but it will certainly delay the onset," said Kimball.

Joyce said she was pleasantly surprised by her results.

"My distance vision ended up at 20-15 which was an added benefit we didn't expect and I was able to get rid of all my readers," she said.

This technology is brand new so local doctors that are participating are being asked to evaluate how well it works in their patients.

The cost of the vision improvement program is about 500 dollars.

For more information on the Vision Restoration Program, visit [www.improvemyvision.com](http://www.improvemyvision.com) or call 937-499-1993.

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