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Vision training improves cataract surgery outcomes

May 6, 2010

Visual outcomes after [cataract surgery](#) can be improved with a program of computer-based [vision training](#). That's the finding of a study presented this week at the 2010 annual meeting of the Association for Research in Vision and Ophthalmology (ARVO).

The researchers evaluated the effectiveness of stimulation of the brain's visual cortex to improve vision after removal of [cataracts](#), using a commercially available computer-based vision training program (RevitalVision, LLC; Lawrence, Kan.).

A total of 60 subjects who had undergone cataract surgery that included implantation of one of five styles of intraocular lenses participated in the vision training sessions. The mean age of the subjects was 68 years.

Uncorrected visual acuity and [contrast sensitivity](#) at both distance and near were tested at 1 month and 3 months after surgery. In the intervening weeks, subjects underwent 20 sessions of vision training using the computer-based RevitalVision Cortex Vision Training (CVT) program.

After CVT, mean improvement in uncorrected visual acuity for all subjects was 1.3 lines on a standard eye chart for distance vision and 1.0 line for near vision. Mean improvement in contrast sensitivity function was 223 percent for distance vision and 197 percent for near vision.

Subjects demonstrated gains in uncorrected visual acuity regardless of the type of intraocular lens (IOL) they received after removal of their cataracts: aspheric monofocal IOLs, [accommodating IOLs](#) or [multifocal IOLs](#).

The research was conducted under the direction of George O. Waring IV, MD, (Emory University School of Medicine; Atlanta Ga.), John D. Hunkeler, MD, (University of Kansas Medical Center; Prairie Village, Kan.) and Richard L. Lindstrom, MD, (University of Minnesota; Minneapolis, Minn.)

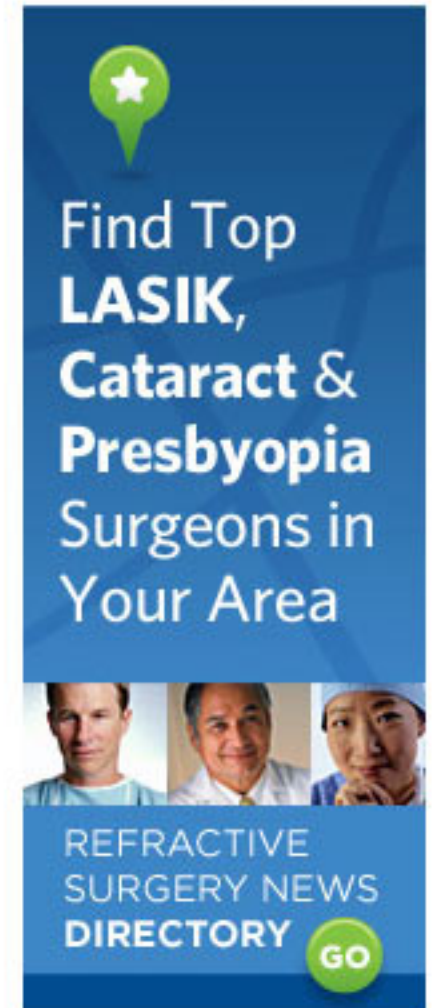
About ARVO: The Association for Research in Vision and Ophthalmology is the world's largest eye and vision research organization with more than 12, 500 members from more than 80 countries. Membership is ARVO is multidisciplinary and includes ophthalmologists, PhDs, optometrists and other vision researchers.

Tags: [vision training](#)


This entry was posted on Thursday, May 6th, 2010 at 10:26 am and is filed under [Cataract Surgery](#). You can follow any responses to this entry through the [RSS 2.0](#) feed. Both comments and pings are currently closed.


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