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Red light could help improve vision in old age – 4th July, 2020

Level 0

Scientists can help older people to see better. They have a special red light. Looking at it for three minutes a day could help our eyes. A scientist said people should not buy any red light. They need a special one with the right wavelength. The scientists are looking for a partner to make the lights. They will cost around \$20.

Researchers did tests on 24 people. They found that vision was worse in older people. The red light helped the older people to see better. Their sight got better by 22 per cent. A doctor said poorer eyesight will be a big problem. He said: "If you can't see clearly... you fall down and break bones."

Level 1

Scientists say they can help the eyes of older people. They say that looking at a red light for three minutes a day for two weeks could make them see better. A researcher looked at how red light could help older people see better. He said: "I strongly suggest that people do not just go and buy a red light off the web. They have to produce the right wavelength and be reliable. We are looking for a...partner to do this and to price them at...around \$20."

Researchers did tests on 24 people aged between 28 and 72. They found that eye cells used to see light were worse in the older people. The red light helped the older people to see different colours better. Their sight got better by 22 per cent. A doctor said poorer eyesight will be a big problem in the future. He said we need to get ready for this, because: "If you can't see clearly you can't read or watch TV. You also...fall down and break bones."

Level 2

Scientists say they have help for older people with poor eyesight. That is shining a red light in the eyes for three minutes. Doctors say three minutes of the red light every day for two weeks could help make older people see better. Not any red light will improve eyesight. A researcher looked at the effects of red light and vision in older people. He said: "I strongly suggest that people do not just go and buy a red light off the web. They have to produce the right wavelength and be reliable. We are looking for a commercial partner to do this and to price them at...around \$20."

Researchers from University College London conducted tests on 24 men and women aged between 28 and 72. They found that cells used to process light deteriorated in the older people. With the red light, these people could see different colours better. The older people's sight got better by 22 per cent. A doctor said: "Populations are ageing rapidly and this is going to be a major issue in the future. We need to gear up for this." He added: "If you can't see clearly you can't read or watch TV. You also tend to fall down and break bones. Our lights are a step in this direction."

Level 3

Scientists believe they have found help for older people suffering from poor eyesight. The solution is shining a special red light in the eyes for three minutes. Doctors say a three-minute daily dose of the special red light for two weeks could help improve age-related vision problems. However, they say not any red light will help improve eyesight. The co-author of a study into the effects of red light and vision in older people explained why. Professor Glen Jeffery said: "I strongly suggest that people do not just go and buy a red light off the web. They have to produce the right wavelength and be reliable. We are looking for a commercial partner to do this and to price them at under around \$20 to \$25."

The study was carried out by a team from University College London. Researchers conducted tests on 24 men and women aged between 28 and 72. They said some cells that help us process light had deteriorated in the older people. Doctors say their red light improved the ability of these people to detect different colours, particularly blue. The vision of these older people improved by as much as 22 per cent. Doctor Jeffrey said: "Populations are ageing rapidly and this is going to be a major issue in the future. We need to gear up for this." He added: "If you can't see clearly you can't read or watch TV. You also tend to fall down and break bones. Our lights are a step in this direction."