

Red light could help improve vision in old age

4th July, 2020



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."

Sources: newsweek.com / mirror.co.uk / slashgear.com

Writing

Our eyesight is the most important ability we have. Discuss.

Chat

Talk about these words from the article.

scientists / eyesight / solution / red light / eyes / vision / older people / wavelength / study / researchers / tests / cells / blue / population / major issue / watch TV / step

True / False

- a) Scientists have a solution for everyone with eye problems. T / F
- b) Looking at a red light for three minutes could help vision in the aged. T / F
- c) A doctor said people could buy any red light on the Internet. T / F
- d) The red lights could cost between \$20 to \$25. T / F
- e) The study was conducted by a university in London. T / F
- f) The red light could help people see the colour blue better. T / F
- g) The eyesight of people in the study improved by 22%. T / F
- h) A doctor said old people tend to fall over and break bones. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|------------------------|-----------------|
| 1. believe | a. move |
| 2. suffering | b. get better |
| 3. dose | c. conducted |
| 4. improve | d. sense |
| 5. reliable | e. experiencing |
| 6. carried out | f. quickly |
| 7. deteriorated | g. measure |
| 8. detect | h. trustworthy |
| 9. rapidly | i. got worse |
| 10. step | j. think |

Discussion – Student A

- a) Would you buy one of the red lights for your eyes?
- b) Why do young people also suffer from poor eyesight?
- c) What colours do you really like looking at?
- d) How will doctors improve our eyesight in the future?
- e) Would you like to be able to see in the dark?
- f) What problems are there with ageing populations?
- g) What three adjectives best describe this story, and why?
- h) What questions would you like to ask the doctors?

Phrase Match

- | | |
|------------------------------------|------------------------|
| 1. help for older people suffering | a. dose |
| 2. The solution is shining | b. different colours |
| 3. a three-minute daily | c. partner |
| 4. buy a red light | d. up for this |
| 5. We are looking for a commercial | e. a special red light |
| 6. detect | f. in this direction |
| 7. Populations are ageing | g. off the web |
| 8. We need to gear | h. from poor eyesight |
| 9. You also tend to fall down | i. rapidly |
| 10. Our lights are a step | j. and break bones |

Discussion – Student B

- How is your eyesight?
- Do you ever worry about your eyesight?
- What do you think of the research in the article?
- What can people do about poor eyesight?
- Which are better, glasses or contact lenses?
- How can we keep our eyes healthy?
- What do you do that might be bad for your eyes?
- What other age-related problems do you worry about?

Spelling

- found help for older people nugfrsief
- poor yisetehg
- The solution is nnighsi a special red light
- a study into the ftefcse of red light
- produce the right gwveetnhla
- We are looking for a lrcmeoimac partner
- Researchers edutcnco tests on 24 men
- cells that help us scorpse light
- detect different colours, aaptuyrlrcil blue
- Populations are ageing idlrpay
- this is going to be a oajmr issue
- Our lights are a step in this dnotrieci

Answers – Synonym Match

1. j	2. e	3. g	4. b	5. h
6. c	7. i	8. d	9. f	10. a

Role Play

Role A – Poor Eyesight

You think poor eyesight is the worst problem of old age. Tell the others three reasons why. Tell them why their problems aren't as bad. Also, tell the others which is the least worrying of these (and why): a bad back, memory loss or wrinkled skin.

Role B – Bad Back

You think a bad back is the worst problem of old age. Tell the others three reasons why. Tell them why their problems aren't as bad. Also, tell the others which is the least worrying of these (and why): poor eyesight, memory loss or wrinkled skin.

Role C – Memory Loss

You think memory loss is the worst problem of old age. Tell the others three reasons why. Tell them why their problems aren't as bad. Also, tell the others which is the least worrying of these (and why): a bad back, poor eyesight or wrinkled skin.

Role D – Wrinkled Skin

You think wrinkled skin is the worst problem of old age. Tell the others three reasons why. Tell them why their problems aren't as bad. Also, tell the others which is the least worrying of these (and why): a bad back, memory loss or poor eyesight.

Speaking – Old Age

Rank these with your partner. Put the biggest problems we suffer in our old age at the top. Change partners often and share your rankings.

- | | |
|---------------------------|-----------------|
| • Memory loss | • Poor eyesight |
| • Weaker muscles | • Lost hearing |
| • Lost teeth | • Bad back |
| • Loss of bladder control | • Wrinkles |

Answers – True False

a	F	b	T	c	F	d	T	e	T	f	T	g	T	h	F
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Answers to Phrase Match and Spelling are in the text.