

Throw away your reading glasses—no surgery needed!

It happens to everyone sooner or later: suddenly, you can't read a book or a menu unless you hold it at arm's length.

The problem? Presbyopia, a loss of elasticity in the eyes' lenses that typically sets in between the ages of 40 and 50. In the past, the only solution was to wear reading glasses to magnify words on the page. But thanks to the FDA's recent approval of a three-minute, surgery-free technique, it's possible to throw away those reading glasses for good!

Called NearVision CK, or Conductive Keratoplasty, it has no known long-lasting negative side effects, "only a little teariness and

scratchiness for the first 24 hours," says East Hanover, New Jersey, eye surgeon Cary Silverman, M.D. "You can return to your normal activities the next day." Read on to find out if the new procedure is right for you.

● **What's involved:** The office procedure, done with eye-drop anesthesia, uses radio waves to shrink small areas of the cornea and restore its proper curve. "This allows light to focus properly, sharpening your near vision," Dr. Silverman explains.

● **Rate of success:** In clinical trials, 98% of study participants were able to read newspapers without glasses immediately following NearVision CK! And 87% could read even finer print, like a telephone book.

● **Who it works best for:** "People in their 40s who suddenly find themselves struggling to read a magazine or computer screen," says Dr. Silverman.

● **Cost:** From \$1,500 to \$2,500 per eye, and the procedure



With the new NearVision CK, you can read fine print again with ease—without your glasses.

needs to be repeated every three to five years. To locate a qualified doctor near you, visit www.myclearvision.com or call 800-752-9544.

—Denise Mann

health tip

Never forget to take a pill! Turns out that closing your eyes for a few minutes and picturing yourself taking your medication makes it 76% more likely that you'll remember to take it on time, reports the journal *Psychology and Aging*. The same is true for administering at-home tests, like ones that monitor blood pressure.