

Seeing for Life-Clear Vision to Age 88 and Beyond!

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It's a startling statistic, more than one-half of all Americans will develop a potentially blinding eye disease during their lifetime. 14 million Americans over the age of 12 already have impaired vision. One in fifteen Americans have eyesight so poor that they can't pass a driver's test. The risk of blindness is 10 times greater for those over the age of 65. If you smoke, are overweight, have diabetes, or have a family member with an eye disease, you are probably already at risk. Do you need to be worried? If you are over forty years of age, you should be. As one of the 77,702,865 million aging baby boomers born between the years of 1946 and 1964, who are now reaching retirement, you are about to find out that taking your sight for granted can leave you permanently in the dark. How do you know if you are at risk for the aging eye diseases of cataract, glaucoma, age-related macular degeneration, and diabetes? Is deteriorating vision an inevitable part of growing old? If you were to lose your eyesight tomorrow, what would happen to your independence? With today's active lifestyles, accepting poor vision is simply not an option; you must do everything you can right now to protect your eyesight. In this five-week session, you will learn what you need to know about your eyes, your vision, and how to keep seeing clearly for the rest of your life.

### 5-Week Online Course Classes by Week:

#### Lesson 1

**There's More to Vision than Meets the Eye**- Before we explore the myriad of eye problems, let's look at the structure and function of your eyes. This class will forever change the way you think about vision and how, when you next look someone in the eye, you will see the most important connection their brain has to the outside world.

#### Lesson 2

**Better, Blurred, or About the Same?** What is Visual Acuity and how does the eye work? How come when I turned 40, I can no longer read clearly? How does light interact with the eyes to send messages to the brain. When is there not enough light to see, and when is there too much for your eyes to take?

#### Lesson 3

**Dry Eye, Eyestrain or Why Fish Don't Blink**- Why do your eyes water, get blurry, and burn all the time? Learn about a condition affecting millions of people worldwide known as Dry Eye Disease (DED) and what you can do about it. In this class, you will discover the secrets to avoiding eyestrain, protecting your vision, and living in harmony with all of the digital devices and visual challenges that permeate your daily life.

#### **Lesson 4**

**Flashes, Floaters, Seeing Spots-Pink Eye, Glaucoma, Cataracts, and Macular Degeneration-The Silent Thief of Sight** - Ever notice those pesky little threads floating by your field of vision? When should you worry about them and when can you just ignore the symptoms? In this class, we will cover the causes of these visual disturbances along with pink eye, home remedies, and what you can do with your diet to avoid future deterioration of your vision (Macular Degeneration). You could be one of 60 million Americans with glaucoma and not know it! Learn about this blinding disease, and what you can do now to save your vision. What about cataracts? You might be a candidate for surgery to restore sight, but which procedure and which lens should you select before considering any procedure? This and more will be covered during this class.

#### **Lesson 5**

**Bionic Eyes to Artificial Vision-The Future in Sight is Bright** - Discover the astonishing future of vision correction with Dr. Kershner. From gene therapy to bionic eyes, prepare to be dazzled by the incredible advancements that lie ahead. This class will show you how refractive corrective measures, delicate microsurgery techniques to repair eye imperfections, can bring your world into focus.