

Improving Vision with HBOT

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Humans outliving their eyeballs

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AUSTRALIAN scientists are looking for ways to slow the natural deterioration of human vision, as people are now living beyond the shelf-life of their eyeballs. At birth, a human eyeball has its one-off allotment of about 150 million light-catching “photoreceptors” and these are shed at a rate of several hundred every day. Professor Jonathan Stone says while many people still had 100 million-plus photoreceptors per eye into their 80s, for others it led to a loss of night-vision or even blindness. “The clinical evidence is the retina goes well really into your eighth decade (80 years) ... we’re exploring these environmental ways of stabilising these photoreceptors into the ninth and tenth decade.” Fields of study include foods rich in antioxidants shown to help protect eyes against light damage. *Oxygen also plays a role, as people undergoing treatment in **oxygen-rich hyperbaric chambers** can report a temporary side-effect of improved vision.* Prof Stone says genetic factors play a major role in how fast the eyeball sheds its photoreceptors, but people could otherwise stem the losses by wearing sunglasses when in bright sunlight. “Knowing what I now do as a result of years of work in this field, I never go outside without my sunnies,” he says