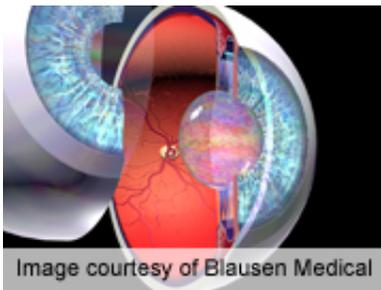


Training can improve visual field losses from glaucoma

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(HealthDay)—Visual field loss from glaucoma is in part reversible by behavioral, computer-based, online controlled vision training, according to a study published in the April issue of *JAMA Ophthalmology*.

Bernhard A. Sabel, Ph.D., and Julia Gudlin, Ph.D., from the University of Magdeburg in Germany, randomized patients with glaucoma (mean age, 61.7 years), but stable visual fields and well-controlled intraocular pressure, to either a computer-based vision restoration training for glaucoma (15 subjects) or visual discrimination placebo training in the intact [visual field](#) (15 subjects). Four patients withdrew.

The researchers found that vision restoration training was tied to significant detection accuracy gains in high-resolution perimetry ($P = 0.007$), which were not found with white-on-white or blue-on-yellow

perimetry. After this training, the pre-post differences were greater in all perimetry tests ($P = 0.02$ for high-resolution perimetry; $P = 0.04$ for white on white; and $P = 0.04$ for blue on yellow), compared with placebo. These results were independent of eye movements. Faster reaction time ($P = 0.009$) was also achieved with vision restoration training, but not [placebo](#). While vision-related quality of life was unchanged, the health-related quality-of-life mental health domain increased in both groups.

"Visual field defects caused by [glaucoma](#) can be improved by repetitively activating residual vision through training the visual field borders and areas of residual vision, thereby increasing their detection sensitivity," the authors write.

More information: [Abstract](#)
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