



**CALIFORNIA STATE SCIENCE FAIR
2006 PROJECT SUMMARY**

Name(s) Lugene El-Harazi	Project Number J1014
Project Title Can You See Me Now? Good	
Abstract Objectives/Goals The objective of my project was to find out if it is possible to train people between the ages of 40-65, to be able to read clearly without the help of reading glasses. Methods/Materials 40 persons between the ages of 40-65 were included in the study. 20 persons were included in the study group, and the other 20 were controls. Each person was given a reading card, and asked to hold it at the nearest distance at which they could read the 20/40 line clearly. The distance from that point to the middle of the nose was measured, and recorded. Persons in the study group were asked to perform the following reading exercise: 1) Hold the reading card at the point at which they could read the 20/40 line clearly. 2) Have the individual move the reading card forwards until the 20/40 line starts to blur. 3) Have the individual move the card backwards slowly, until vision starts to clear, and ask him/her to read the 20/40 line. 4) Tell the individual to repeat those steps 3 times a day, for 5 minutes each, for 10 days. After 10 days, the distance at which the individual could read the 20/40 line clearly was measured and recorded in both the study and the control group. Results In the study group, the reading distance improved in 95% of the study population. In the control group, none of the individuals showed any improvement in the reading distance. Conclusions/Discussion My experiment shows that it is probably possible, with more time and consistency, for people over the age of 40 to be able to read clearly without reading glasses by doing reading exercises. However, a larger study group, and study is needed to prove or disprove my theory.	
Summary Statement Problems in reading after the age of 40 and the possibility of correcting this problem.	
Help Received None	