

# My Experience with Plus Lens Glasses

## – A True Testimony About Vision Improvement –

March 2011

[ [pluslens.wordpress.com](http://pluslens.wordpress.com) ]

### Patient Data (About me)

**Name:** Lucian  
**Age:** 29 (born 1982)  
**Profession:** Computer Science Engineer  
**Country:** Romania



*Me with Dr. Kaisu Viikari's books on my desk*

### Minus Lens Glasses Data

(1) December 2001 (Age: 19)

Right eye: -0.50 sph

Left eye: -0.25 sph

Comment: Wore the glasses all the time.

(2) September 2005 (Age: 23)

Right eye: -5.00 sph, -2.50 cyl, 30 ax

Left eye: -2.50 sph, -2.00 cyl, 120 ax

Comment: Quit them after 1 month (were too strong).

(4) December 2006 (Age: 24)

Right eye: -3.50 sph, -1.50 cyl, 35 ax

Left eye: -2.50 sph, -1.00 cyl, 100 ax

Comment: Quit them after 2-3 weeks (were too strong).

(5) April 2010 (Age: 28)

Right eye: -1.50 sph, -0.75 cyl, 50 ax

Left eye: -0.75 sph, -0.00 cyl, 0 ax

Comment: Could only wear them for far and intermediate distances, but were tiring my eyes.

Note: The fact that the minus lens glasses did not increase continuously in diopters does not mean that my myopia weakened over time, but rather the fact that the examinations from 2005 and 2006 were far from being correct. This is why I could not wear the glasses prescribed in 2005 and 2006. Between September 2005 and April 2010 I did not wear any glasses (except for a few weeks) !

## **My Experience with Minus Lens Glasses**

At the age of 19, during university, I was diagnosed with myopia and followed (as long as I could) the widely known and used treatment for this error of refraction: the wearing of minus-lens glasses. Over the years, my condition worsened more and more, until, at the age of 28, my vision and health were ruined.

Most of the ordinary activities became difficult or painful: seeing, blinking, breathing, eating (because of mouth aphtae), staying awake during the day, sleeping during the night (resting), relaxing, playing, traveling, speaking, socializing, focusing, reading, writing, working (using computer), watching TV.

Over the time, I had many “clinical” experiences with the minus lens glasses, that brought me to the following conclusion and truth: minus lens glasses do not cure myopia, but only make it worse. It was very painful to see that most of the oculists and opticians were so blinded and could not see such a common-sense truth and that there were so many people suffering because of this. My experience with some oculists was unfortunate. One oculist even recommended to go to a psychiatrist, although I was convinced that, to a considerable extent, my suffering was caused by my vision problems.

My vision and health had continuously worsened for about ten years, I had suffered much from oculists and opticians, spent a significant amount of money (and effort) and felt no relief, on the contrary, I was in the worst possible condition.

Finally, realizing I was in the impossibility to work in front of a computer anymore, I quit my job, I quit wearing any minus lens glasses and I also quit believing in the majority opinion “minus lens glasses cure myopia” and it’s medical system (oculists, treatment, theory, etc. ). I was forced to quit my profession and it seemed that I would need at least one year of rest and treatment in order to return to a normal condition.

## **My Experience with Plus Lens Glasses**

My previous painful experience with the minus lens glasses convinced me that these glasses can only worsen the vision. This was the reason why when I heard about myopia prevention using plus lens glasses, I became very interested about this subject. It seemed logical that plus lenses would do exactly the opposite of minus lenses and improve my vision. In September 2009, I found out about Dr. Kaisu Viikari, an ophthalmologist from Turku, Finland. From the 1970s, she has been helping people with all sorts of vision problems through the use of plus lens glasses.

In May 2010, at the beginning of the sabbatical year I contacted Dr. Kaisu Viikari and presented my case. She immediately agreed to help me for free. Thus, my own experience with the plus lens glasses began.

## **Vision Improvement**

Most of the following information is a summary of my vision journal.

The first time when I put a pair of plus lens glasses in front of my eyes, I had a very strong, pleasant and relaxing sensation for a few seconds. I have never ever had in my life such a sensation before and after that moment.

In the first days of treatment, I noticed a sudden and obvious improvement in the near distance activities: I felt more relaxed and the tearing and smarting pain caused by reading became less frequent.

In the 1<sup>st</sup> month (June 2010), the pain and difficulties related to reading decreased in frequency and intensity and, consequently, my reading capacity increased.

In the 2<sup>nd</sup> month (July 2010), the swelling near my right eye almost disappeared. I also noticed an obvious improvement in my far distance vision. Each week I used to go to a nearby hill where the entire city can be seen. I had chosen some of the buildings as my "optotypes" and looked carefully and regularly at them. Over the weeks, the shapes, the windows and the other details of the buildings became clearer. The same happened when I would look from the balcony of our apartment at the houses from a nearby village.

In the 3<sup>rd</sup> month (August 2010), I became aware that my intermediate distance vision improved: my vision was obviously clearer indoors. Also, during this month I noticed an overall improvement of my vision (i.e. at far, intermediate and near distance).

In the 4<sup>th</sup> month (September 2010), the tearing disappeared completely and the smarting sensation almost disappeared.

In the fifth month (October 2010), I noticed that the vision of my right eye became less foggy than that of my left eye (i.e. myopia of the right eye became weaker than myopia of the left eye). This improvement was confirmed by two refractometer tests from October 2010. This was a month full of accomplishments and joy. My vision was getting better and the refractometer tests were confirming this !

In that same month, my supervisor, Dr. Kaisu Viikari, asked me to start wearing at far distance half-glasses with the following parameters: up lens: +0.00 (no lens), down lens: +2.00.

From the 6<sup>th</sup> month (November 2010), I started to wear the half glasses and my monthly vision improvement doubled from +0.25 in the first months to +0.50 in the following months.

In the months that followed and up to this month (March 2011), I had a constant increase in the glasses of about +0.50 per month. Almost each month I had to change two or three pairs of glasses.

With regard to the vision and eye symptoms, the treatment had a lot of wonderful results. Many symptoms have disappeared completely and other symptoms have weakened: myopia and anisometropia have regressed (confirmed by three refractometer tests performed in October and November 2010), burning sensation in the eyes has disappeared permanently, itching and dust-in-the-eyes sensations have become weaker and less frequent, tearing and smarting pain in the eyes have disappeared permanently.

## Putting it all together

The total improvement of my vision up to this month (March 2011), according to the increase in the spherical value of my near distance glasses, is of +3.00 D. I started with +1.50D and now I wear +4.50D.

The plus lens glasses reconnected me to the world, as they allowed me to see, to read, to write, to use the computer and to communicate without the pain and difficulty that I had before starting the treatment.

Finally and most important, I am not living anymore with the fear of losing my eyes and vision. I am sure that with the help of the plus lens glasses my condition and vision will continue to get better !

## Some Proofs: Refractometer Tests History (Photos)

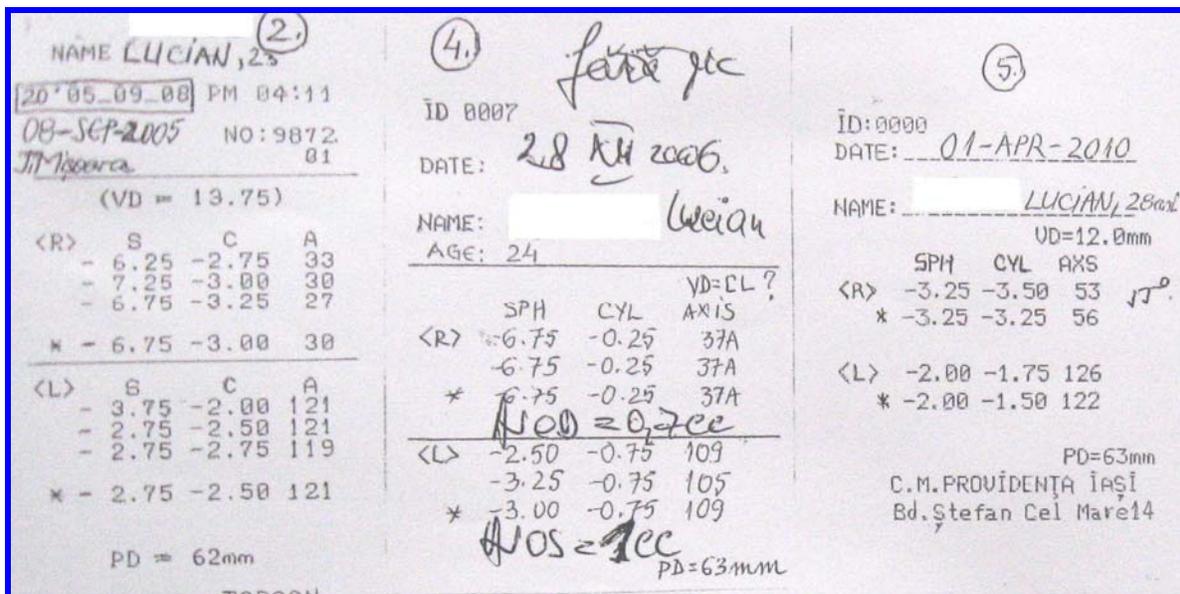


Photo 1: Before treatment with plus lens glasses

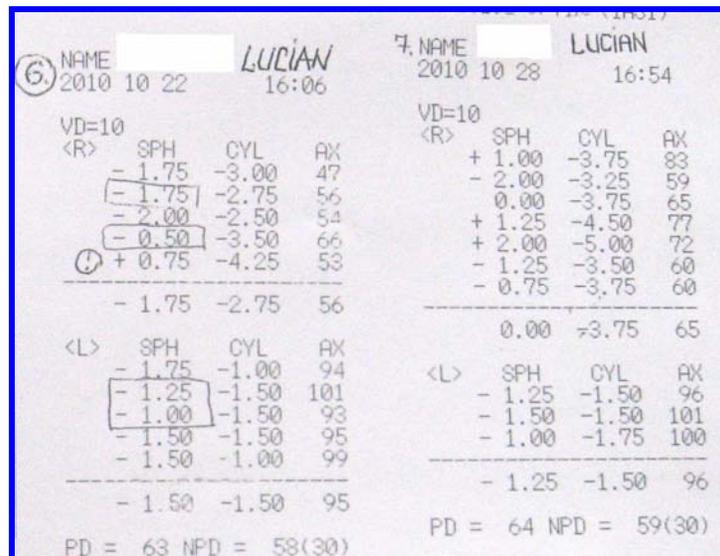


Photo 2: During treatment with plus lens glasses