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Friday, January 30, 2009

Vision check at game time

HEALTH

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Two Super Bowl commercials will have lots of stuff comin' atcha, and we don't mean just some very expensive sales pitches. Ads for SoBe Lifewater are being done in 3-D, although they just might leave you flat.

The problem could be that you didn't pick up a pair of special 3-D glasses, more than 125 million pairs of which were given out free by SoBe at retail displays nationwide. (Ah ha! You *knew* you should have saved the ones you got at the movie theater last summer for "Journey to the Center of the Earth.")

But if you do have a pair of the goofy-looking glasses and *still* can't see the 3-D effects, that's a different story. You might have amblyopia or other vision problems, advises the College of Optometrists in Vision Development.

The importance of seeing 3-D extends beyond watching special effects on TV, the COVD says. Any activity requiring depth perception or eye-hand coordination such as, in order of importance, catching a football, making a 3-pointer in a basketball game, driving, riding a bike or pouring milk on cereal can be affected if you have problems seeing 3-D.

Yikes!! Milk, *everywhere*.

Wait. There's no need to cry over it. Neuroscientists say we can attain stereo vision even as adults, albeit not in time for Sunday's ads. Dr. Brian Thamel, who has been helping his patients with 3-D/stereo vision for 20 years and has offices in Worcester and Spencer, says you are never too old to gain stereo vision.

— Nancy Sheehan



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