The goal of my research is to look into the latest advancements in fixing vision problems and figure out the most successful methods for correcting or reducing the need for glasses. This topic is especially important to me because I have been wearing glasses for a lot of my life and recently watched a documentary called "Sight: The Story of Vision", which got me curious about all the different ways to improve vision.

Recently, there have been some huge advancements in the field of vision correction like new surgical procedures and advanced contact lenses. However, there's still room for improvement and many people who aren't candidates for surgery or aren't satisfied with the results. Improving vision can have a big impact on someone's life by giving them clearer vision, improving confidence, self-esteem, and overall happiness.

To research this topic, I'll be doing a deep dive into all the current information on vision correction methods. This will include exploring both surgical and non-surgical methods and their pros and cons. I'll also be talking to experts in the field and people who have had vision correction procedures to get a better understanding of their experiences and outcomes.

The surgical methods I'll be looking into are LASIK, PRK, and LASEK. LASIK uses a laser to change the shape of the cornea and correct nearsightedness, farsightedness, and astigmatism. PRK removes the top layer of the cornea and uses a laser to reshape it. LASEK involves removing a thin layer of the cornea and reshaping it with a laser.

The non-surgical methods include advanced contact lenses and orthokeratology. Advanced contact lenses, like silicone hydrogel, are better for the eyes because they allow more oxygen to get through, reducing the risk of eye infections and making them more comfortable to wear. Orthokeratology, also known as corneal reshaping, involves wearing special contact lenses overnight to change the shape of the cornea, allowing people to see clearly during the day without glasses.

I'll also be looking into the risks and limitations of each method. For example, LASIK is a popular and effective procedure, but there is a risk of dry eyes, vision problems, and glare, especially for people with thin corneas. Orthokeratology requires wearing the special lenses every day and regular check-ups to make sure the cornea isn't being damaged.

In the end, my research aims to shed light on the latest advancements in fixing vision problems and find the most successful methods. The outcome I hope to achieve is to give a comprehensive understanding of all the options available, their pros and cons, and the impact they have on people who have undergone these procedures.