Programme: **Wednesday 20 May**

9.05-10.35am

PARALLEL SESSION

Vision for Life: Harnessing Lifestyle to Prevent and Manage Eye Disease

Ophthalmology has been transformed by rapid advances in diagnostics, surgery and pharmacological treatments. Yet the way we live – how we eat, sleep, work and move – continues to shape our patients' eye health just as powerfully as any new technology.

This session will explore how everyday lifestyle choices influence the onset and progression of common eye diseases, and how simple, practical habit changes can support prevention and enhance treatment outcomes. From screen time and sleep to nutrition and systemic health, we will discuss how to integrate brief, evidence-based lifestyle counselling into routine eye care and empower patients to protect their vision for life.

9.05-09.25am – Rupal Morjaria

9.25-09.45am –The Gut-Eye Axis - How ocular surface disease can be influenced by what and how you eat..., Ankur Barua

9.45-10.05am – Wai Siene Ng

10.05-10.25am – Annegrete Dahlmann-Noor

10.25-10.35am – Questions