



## **Wednesday 20 May 09.05 - 10.35 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.

### **09.05 – 09.25 Advances in Protective Strategies for Retinal Disease**

Rupal Morjaria

### **09.25 – 09.45 The Gut-Eye Axis - How ocular surface disease can be influenced by what and how you eat...,**

Ankur Barua

### **09.45 – 10.05 Beyond Eye Drops: How Lifestyle Shapes Glaucoma Care**

Wai Siene Ng

### **10.05 – 10.25 Lifestyle and Environment shaping eye conditions in children and young people**

Annegrete Dahlmann-Noor

### **10.25 – 10.35 Questions**