

## **TOPICS FOR PRESENTATIONS – OPTOMETRISTS**

- ideally, the topic is one that you have substantial knowledge in, either from other university subjects or it is something you are going to write about in your bachelor thesis
- you are required to do background reading on the topic IN ENGLISH (relevant books/websites will be uploaded in IS)
- you should upload the presentation into IS
  
- CONTACT LENSES – types of contact lenses, understanding your contact lens prescription, caring for contact lenses
- LASIK & LASER EYE SURGERY – how LASIK works, risks and complications, types of LASIK and other vision corrective surgery
- EYEGLASSES – latest frame styles, how to choose eyeglasses that suit your personality and lifestyle, lens options
- SUNGLASSES – types of sunglasses, polarized lenses, the latest sunglass styles
- EYE EXAMS – what to expect during an eye exam, children’s eye exam, eye exams for contact lenses
- CATARACTS – types of cataracts, signs and symptoms, causes, prevention, treatment
- GLAUCOMA – symptoms, tests, screening and diagnosis, types of glaucoma, prevention
- MACULAR DEGENERATION – wet and dry forms of macular degeneration, causes, treatment
- LOW VISION – causes, impact of low vision, low vision aids, distance vision aids
- COMPUTER VISION SYNDROME – computer glasses, tips to reduce computer eye strain, computer ergonomics
- SPORTS VISION – sports vision testing, contact lenses for sports, protective sports eyewear.
- EYE SAFETY – protective eyewear - goggles, how to handle common eye injuries, preventing eye injuries
- NUTRITION AND EYES – eye supplements, how diet and nutrition protect aging eyes

- CHILDREN'S VISION – children's vision development, myopia control, children's eye exams, the latest in kids' eyewear
- EYEWEAR AND EYE CARE FOR TEENS – nearsightedness in teens, information and advice concerning eyeglasses, contact lenses, etc.
- VISION OVER 40 – presbyopia, measures that can be taken to keep seeing clearly, multifocal lenses, surgery for presbyopia, reading glasses
- VISION OVER 60 – age-related vision problems, safe-driving after 60, ways to protect eyesight after 60
- COSMETIC EYE SURGERY – eye lift (blepharoplasty), Botox injections, puffy (swollen) eyes and dark circles
- HOW SMOKING HARMS YOUR VISION – cataracts, macular degeneration, uveitis, diabetic retinopathy, dry eyes, infant eye disease

### **OTHER TOPICS**

ALLERGY EYES, ASTIGMATISM, BLEPHARITIS, COLOR CONTACTS, DRY EYES, EYE TWITCHING, EYE VITAMINS, FLOATERS, OCULAR MIGRAINE, PINK EYE, ...