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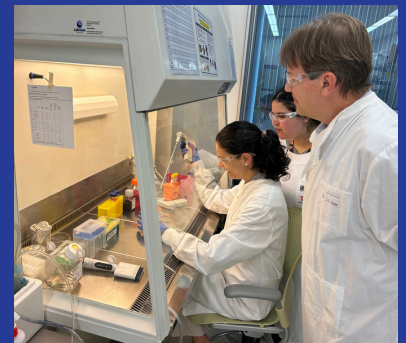


Optometry Educational Dinner Series

We have proudly hosted a series of educational dinners in 2025, bringing the latest clinical insights directly to our optometry community. From new developments in diabetes and diabetic retinopathy management to advances in cataract surgery, these events have sparked important conversations about the future of patient care. Our final dinner will be a thought-provoking session on how Artificial Intelligence is set to transform optometric practice.

Update from the LVF Research Centre

The foundation is developing a research project that uses safe, controlled blue light exposure to create a mild, measurable injury to retinal cells in the eye. This model helps scientists study how the retina responds to damage and test treatments that may prevent or repair vision loss. Blue light, which comes from sunlight and digital screens, can be harmful in high doses. By mimicking this damage in a precise and ethical way, we can better understand early signs of retinal disease and explore new therapies. Our goal is to protect sight by finding treatments before serious vision loss occurs. See the next page on practical ways you can control blue light exposure to your eyes to help prevent macular degeneration and blindness.



The Eye Ball 2025

The Eye Ball 2025 will be held at the iconic Customs House on Friday 10th October. Guests will indulge in a luxurious three-course meal paired with a four-hour beverage package, all while enjoying a spectacular evening of live entertainment and fundraising in support of the Layton Vision Foundation.



About Professor Layton

Professor Christopher Layton is a private Clinical Ophthalmologist, a national leader in innovative ophthalmology and has a special interest in clinical education. His expertise is in macular disease, lens surgery and minimally invasive glaucoma interventions.

2025 Optometry Educational Dinners – Advancing Knowledge, Enhancing Care

This year the Layton Vision Foundation proudly continues its commitment to advancing eye health by hosting three Optometry Educational Dinners, bringing together industry leaders and practitioners to explore the latest breakthroughs shaping patient care.

The first dinner, held in March, focused on “A Therapeutic Update on the Systemic Treatment of Diabetes.” This session explored the critical link between systemic diabetes management and diabetic retinopathy (DR) outcomes. Attendees delved into cutting-edge treatments, including GLP-1 receptor agonists, dual-incretin therapies, and SGLT2 inhibitors, alongside emerging DR interventions such as extended-release anti-VEGF therapies and faricimab. The discussion reinforced the essential role optometrists play in supporting patients with diabetes and preventing vision loss through integrated care.

In May, the second dinner spotlighted “Advances in Patient Comfort and Refractive Outcomes in Cataract Surgery.” This presentation unpacked the latest innovations improving surgical outcomes and patient experience, including drop-free cataract surgery, needle-less sublingual sedation, office-based intraocular surgery, and photopsia-free multifocal IOLs. The evening highlighted how these advancements enhance both clinical results and patient satisfaction, offering optometrists vital insights for co-management and patient education.

The final educational dinner for 2025 will be held on Wednesday 3rd September, covering the timely and rapidly evolving topic of “Artificial Intelligence Scribes in Practice and the Potential for AI to Change Optometry.” This interactive event will explore how AI-driven solutions can streamline clinical workflows, enhance diagnostic accuracy, and reshape the future of optometric care. Seats are strictly limited to ensure an engaging and collaborative experience. Tickets are available now through Oztix.

These events exemplify the Layton Vision Foundation’s mission to foster excellence in eye care through education, collaboration, and innovation.

Update from the LVF Research Centre

Blue light is a type of high-energy visible light that comes from the sun, LED lighting, and digital screens such as phones, tablets, and computers. While natural blue light during the day helps regulate our sleep-wake cycle, too much exposure—especially in the evening—can strain the eyes and disrupt sleep. Here are practical ways to reduce blue light exposure in daily life:

1. Use Night Mode or Blue Light Filters: Most smartphones, tablets, and computers have settings like “Night Shift” or “Night Light” that reduce blue light emissions by adding a warmer tone to the screen.
2. Limit Screen Time in the Evening: Try to avoid screens at least 1–2 hours before bedtime. Instead, unwind with a book, conversation, or calming activity.
3. Wear Blue Light Blocking Glasses: These special glasses filter out blue light and are especially helpful if you work long hours in front of a screen or suffer from digital eye strain.
4. Adjust Indoor Lighting: Use warm white or low-blue LED bulbs in the evening. Consider dimming lights at night to support your natural sleep rhythm.
5. Follow the 20-20-20 Rule: Every 20 minutes, look at something 20 feet away for 20 seconds to reduce eye strain.
6. Use Anti-reflective Screen Covers: These reduce glare and limit blue light exposure from digital devices.
7. Get Natural Light During the Day: Exposure to sunlight in the morning helps regulate your body clock and reduces sensitivity to artificial blue light at night.

By making these small adjustments, you can protect your eyes, reduce fatigue, and support healthy sleep—all without giving up your devices completely.

The Eye Ball 2025

Our major fundraising event of the year, The Eye Ball (previously the Love Your Eyes charity gala dinner) is held annually in October, coinciding with World Sight Day, an international event that focuses the world’s attention on the importance of good eye health and vision care. 100% of the proceeds from our event goes directly to Layton Vision Foundation, which supports clinical research that is essential to help understand vision loss, find better treatments and prevent eye disease.

Join us for an unforgettable evening of elegance and entertainment at the iconic Customs House, where guests will enjoy a three-course meal, four-hour drinks package, and exclusive raffles with incredible prizes up for grabs. Dance the night away to the sounds of DJ ‘Captain Sax’, combining live saxophone with party anthems to keep the dance floor alive.

Don’t miss your chance to be part of this spectacular evening – raising vital funds for vision research while celebrating in style. Tickets available from Oztix or lvfeyecentre.org.au/events/eye-ball