



1



2

Lifespan + Healthspan = Longevity

- **Aspiration:** Living longer without the benefits of good vision and eye health seems, well, myopic! Health, wellness, and good vision are the cornerstones for quality of life.
- **Adding** a complementary care specialty service is a value add to a medical model practice.
- **Balance:** A holistic functional medicine approach focuses on prevention as well as managing the whole person – **mental, spiritual, physical, and emotional** for sustainable health and wellness.
- **Explore** nutrition that supports eating to live well and see better rather than eating for sheer entertainment.

I hope this talk will guide you to seeing and experiencing "primary and secondary foods"



3

The optometrist and the practice of the future looks at the whole body while focusing on the eyes!

- The goal of this course is to demonstrate the value of the optometrist's role in utilizing the eye as an early biomarker for systemic disease.
- To empower ODs with holistic tools that support conventional eye and systemic treatments.

The future is now!



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Q&A – Why I took this path...



5

A Leading Primary Care Provider

You already have the foundation. This information is to further empower OD's and their Teams to integrate complementary holistic tools and strategies that support conventional eye and systemic care.

The eye reflects patterns related to inflammation, metabolic health, stress, and aging. When combined with lifestyle modification and nutrition insights it becomes a powerful guide for wellness.



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Optometry as THE Primary Care Professional

- 👤 Largest patient access among primary care providers
- 👨‍👩‍👧‍👦 Long-term relationships with patients and families
- 👁️ Trusted due to diagnostic transparency
- 👁️ Sight: our most treasured sense
- 🔍 First to detect systemic disease
- 🔍 Eyes reveal chronic inflammation
- 🔍 Retinal imaging and slit lamp expertise



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The Eyes are the Window to Health, Wellness, and Longevity

- Physical structures
- Mental state for compliance
- Emotional empathy
- Spiritual support

Some diagnosis are challenging to hear.
Balancing all are key factors in diagnosing and treating chronic inflammatory conditions for optimal outcomes.



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We are the sum of parts and experiences

- Over-indexed in compartmentalized care
- Communication gaps
- Lagging empathy
- Specialties in need of broader communication
- Complementary Care Leadership – Mayo Clinic



9

Why Innovation In Complementary Care Matters

01

Innovation in clinical care is personal.

02

Holistic approaches elevate patient outcomes.

03

Optometry is uniquely positioned to lead this transformation.

10

Today's patients are also consumers

- Today's patients are increasingly informed and seek collaborative relationships with their healthcare providers.



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Rethinking the SOAP format for Integrative Personalized Care

All eyeballs and treatment plan should not be the same – even for the same condition



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Integrative Eye & Wellness Center
 Focusing on Your Wellness

Longevity with Eyecare as a Foundation
 Millicent Knight, OD, FAAO, FAARM, FNAP
 Integrative Nutrition Health Coach

Physical	Mental	Emotional	Spiritual

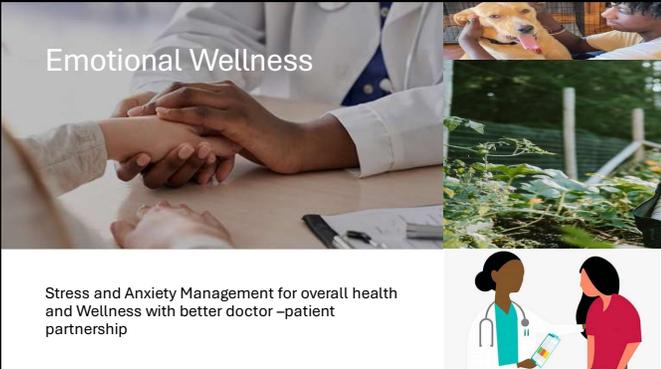
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Physical Wellness



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Emotional Wellness



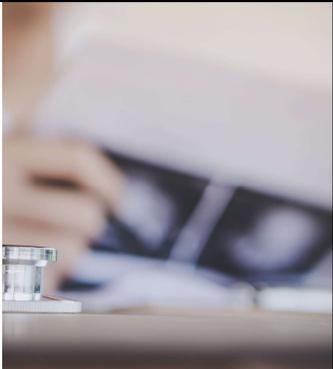
Stress and Anxiety Management for overall health and Wellness with better doctor –patient partnership

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Mental: Clinical best practices include ruling out mental trauma that can interfere with the success of treatment protocols

- **Unresolved trauma** has been linked to chronic pain, fatigue, hormone disruption, weight challenges, blood sugar issues, and cognitive decline.
- Many people work on symptoms for years without ever realizing **something deeper continues** driving the cycle.

NaturalHealth365 and other references



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Patient Cases



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Spiritual Wellness



18

Spiritual Wellness and Giving

Giving causes dopamine and serotonin increases. – Harvard Research

Brain enlargement is associated with the chemical reaction associated with happiness.

Generosity goes beyond financial remuneration for health care providers. **Many give of themselves beyond their salaries.**



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Scientists have discovered a revolutionary new treatment that makes you live longer. It enhances your memory and makes you more creative. It makes you look more attractive. It keeps you slim and lowers food cravings. It protects you from cancer and dementia. It wards off colds and the flu. It lowers your risk of heart attacks and stroke, not to mention diabetes. You'll even feel happier, less depressed, and less anxious. **Are you interested?**

Amazing Breakthrough!

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The Power of Sleep and Dreams – Matthew Walker, PhD



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Phases of Sleep – Loss of both impairs memory, mood, and health.

NREM – Power Brain Cleanse

- Deep restorative sleep that dominates the first half of the night.
- Moves short-term memory to long term storage
- Weeds out unnecessary neural connections
- Clears metabolic waste
- Lowers heart rate and BP
- Supports physical restoration
- Helps process the days experiences
- Restores mind and body
- **Irregular sleep disrupts NREM**

REM – Overnight Therapy

- Dominates the second half of the night
- Emotional regulation, reprocessing experiences
- Creativity
- Work through problems
- Vivid dreaming with brain in active state
- Integrates emotions, creativity, and complex learning.
- **Not enough sleep disproportionately cuts REM**

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Umay REST device

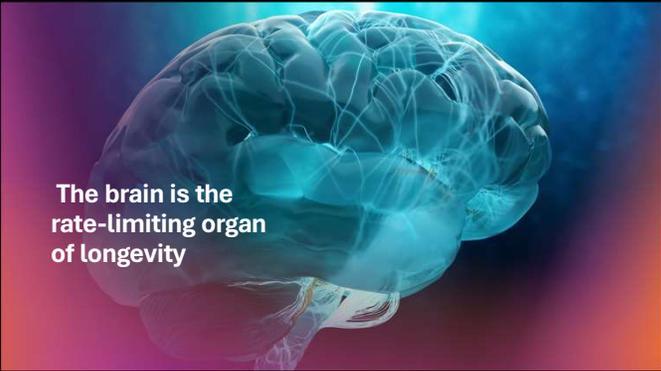
is a science-based high tech eye mask designed to alleviate dry eyes, reduce digital fatigue, and improve sleep quality through innovative thermal and breathing techniques.

- unplug from digital devices
- relax your eyes
- mindful breathing exercise
- improve your sleep patterns
- improve dry eye sensation

Umay REST Thermal Meditation™ combines the sciences of warming and cooling, and mindful breathing to improve your tears and sleep at the same time.



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The brain is the rate-limiting organ of longevity

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Digestive Health and the Vagus Nerve

• The vagus nerve is the **primary link between the brain and the digestive system**, carrying signals in both directions. It regulates the parasympathetic system with involuntary functions like digestion, heart rate, and immune activity.

About **80% of vagus nerve signals travel from the gut to the brain**. This means gut bacteria, inflammation, and digestive function can influence:

- Mood
- Stress response
- Cognitive clarity



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Gut-Brain-Eye Axis

Look at the optic nerve as a high-speed fiber-optic cable. The gut and vagus nerve **don't touch the cable directly—they control the power grid that determines how clearly the signals travel**. When the gut is calm and vagal tone is strong, the visual system runs on clean, stable power. When the gut is inflamed or vagal tone is weak, how visual information is processed influencing functionality.



A4M

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Managing Acute and Chronic Conditions

Antibiotics to Probiotics

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Pharmaceutical Antibiotics

Can be highly effective but often cause **broad, deep, and long-lasting disruption to gut flora**, including loss of diversity of microbial strains and increased risk of dysbiosis.

Amoxicillin - have **minimal gut impact**
Doxycycline - may cause **significant reductions in beneficial microbial species**.



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Alternative to Antibiotics

• Oil of oregano is broadly antimicrobial, sometimes surprisingly potent (dose dependent), but tends to cause **less severe and less persistent disruption to the gut flora**.

• MOA - Contains **carvacrol** and **thymol**, which **physically disrupt microbial membranes**, causing rapid cell death.

• Caution with mucous membranes...



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Prebiotics

- Inulin and fructooligosaccharides (FOS)
- Galactooligosaccharides (GOS) for gut barrier integrity
- Resistant starch and SCFA's ex. Butyrate

Effects:

- Gut barrier integrity
- Anti-inflammatory

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Probiotics

- Lactobacillus plantarum
- Bifidobacterium
- Akkermansia muciniphilia

Effects:

- Oxidative stress reduction
- Gut barrier integrity
- Naturally Curbs Cravings (GLP-1 effect)

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Postbiotics

- Butyrate SCFA
- Bifidobacterium
- Lactate

Effects:

- Overall gut health
- Microbiota balance
- Antioxidant support

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The Role of Polyphenols

- Polyphenols are found in berries, red wine, green tea, cocoa, turmeric, leafy greens, and olives.
- Become prebiotic food yielding stronger anti-inflammatory and antibiotic effects.
- Increases microbial biodiversity
- Decreases inflammatory cytokines
- Lowers oxidative stress on ON and retinal cells
- Boost mitochondrial resilience
- **Polyphenols + Probiotics = decreased inflammation**



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Why Autoimmune Diseases are Increasing, Especially in Women

The Connection Between Biology, Environment, and Contemporary Living

- Genetics
- Poor Dietary Choices
- Inadequate Sleep Habits
- Inactive Lifestyles
- Workplace Demands
- Family Responsibilities
- Community Service
- Stress**

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The root cause is stress!

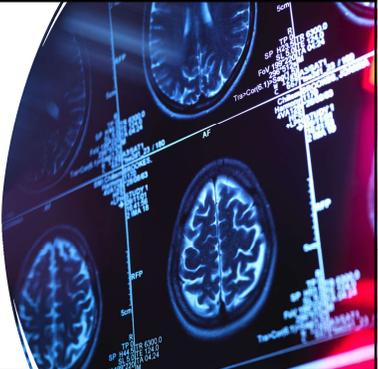
- Chronic Stress Raises Blood Sugar (Literally)
- Long-term stress isn't just emotional — it's biological.
- Data from Blackdoctor.org suggests Black women experience:
 - Racial stress
 - Gender stress
 - Caregiver stress
 - Financial stress
 - Work stress

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?

Case

- 34 yo white female with debilitating fatigue.
- Married with 2 small children
- Military spouse with frequent relocations.
- Onset of symptoms – birth of first child
- Foot tingling
- Dry eyes
- Completed rigorous graduate school education



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• Multiple Sclerosis

What was she initially prescribed?

37

What she was Rx'd

Antidepressants

Side Effects: fatigue, emotional numbness, weight gain, dry mouth, dry eyes, trouble sleeping

What helped: Dietary changes and movement

38

Eyes on Fire...Body on Fire!

Inflammation is at the root of most dis-ease.

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📌 **Connective Tissue & Mixed Connective Tissue Disease**
Understanding the Link Between Structure and Autoimmune Impact

Connective tissue essentially holds the body together—mixed connective tissue disease disrupts that harmony through autoimmune attack.

Connective tissue is the biological framework that supports, binds, and protects organs and other tissues throughout the body. It includes:

Structural tissues: bones, cartilage, tendons, ligaments

Supportive tissues: fat (adipose), blood, lymph

Functions:

- Provides internal support and cohesion
- Enables movement and flexibility
- Delivers nutrients and immune protection
- Separates and cushions organs

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Eyelid & Conjunctival Inflammation in MCTD

Condition	Key Features	Eyelid Findings	Conjunctival Findings	Distinguishing Clues
Mixed Connective Tissue Disease (MCTD)	Autoimmune overlap (SLE, scleroderma, polymyositis)	MGD, lid margin inflammation, telangiectasia	Dryness, hyperemia, irritation	Symptoms fluctuate with systemic inflammation; often coexists with Raynaud's, myositis, or skin changes

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Mixed Connective Tissue Disease (MCTD)

MCTD is a rare autoimmune disorder where the immune system mistakenly attacks connective tissues. It combines features of:

- Lupus (SLE)
- Scleroderma
- Polymyositis

• Often overlaps with Rheumatoid Arthritis and Sjögren's Syndrome

Key symptoms:

- Raynaud's phenomenon
- Swollen fingers
- Muscle and joint pain
- Fatigue, rashes, and organ involvement

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Raynaud's Syndrome



- Symptom Management Strategies include
- Keeping the bodies core warm
- Immune modulation (cold plunge)
- Goal is to restore homeostasis

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Raynaud's Phenomenon Management

Keep your core body temperature warm

Manage the circulation in the fingers and toes

Hot dot

Heated gloves

Cinnamon and ginger daily

Ca++ channel blocker

2% Nitroglycerine ung

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AOA First Look March 2026

Approximately One In 18 Patients Taking Hydroxychloroquine For 15 Years Develops Retinal Damage, Meta-Analysis Indicates

MedPage Today (3/9, Gever) reports that approximately "one in 18 patients taking hydroxychloroquine (HCQ) for 15 years" develops "retinal damage, a new meta-analysis indicated." MedPage Today adds, "With a total of some 20,000 patients in 19 included datasets, the 15-year cumulative incidence of retinopathy as detected with spectral-domain optical coherence tomography (SD-OCT) was 5.6%." The data indicated that "across all patients, the overall prevalence of retinopathy was 5.1% (95% CI 3.9-6.5)." However, "higher dosing and certain other modifiable factors presented greater risk, the researchers noted." The findings were published in Arthritis Care & Research.

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Environmental Toxins

Standard Process recommends:

- Step #1- reduce household toxins. Consider purging your cabinets of toxic cleaning supplies:

1. Bleach
2. Glass cleaner
3. Conventional laundry detergent
4. Drain cleaner
5. Chlorine-based dishwasher soap
6. Conventional air fresheners
7. Conventional candles

There are approximately **80,000 chemicals** registered for use in the U.S., and many of these are harmful toxins that exist in cleaning supplies.



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Eco-Friendly Cleaning Solutions

"Much household cleaning can be done simply with vinegar, baking soda, hydrogen peroxide, and water," Dr. Georgia Hob, DC

Eco-Friendly Detergents and Soaps

There are many eco-friendly, organic cleaning solutions on the market from multipurpose cleaners to laundry detergents with natural and biodegradable ingredients.

Pure & Clean Surface Prep – Hypochlorous acid + Electrolyzed H2O

Packaging can be deceiving.

Apps you can check for toxic ingredients: Clearys, Think Dirty, and EWG's Healthy Living.



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Chronic Ocular Inflammation

- Conventional Treatments + Complementary Care

- Ask questions
- Observe
- Allergy testing via blood
- Allergy testing via skin
- Gut testing
- Palliative care
- Nutritional support
- Detoxification



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Holistic Management of DED

- Anti-inflammatory Cleanse
- Biotics
- Nightshades
- Stress and Anxiety
- Underlying condition



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Standard Process Recommendations

- Taking control of your wellbeing starts with knowing exactly what you are putting into your body. Whenever possible, it's best to eat organic whole foods.

Eat the rainbow

- **Green:** Helps support immunity and gene expression
- **Red:** Helps support the heart and blood vessels, skin and muscle development
- **White:** Helps support the immune system, a healthy inflammatory response, weight management and manage healthy cholesterol
- **Purple:** Can support memory, the gut and a healthy heart
- **Yellow or orange:** Can support gut, eyes, skin and the immune system

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Glaucoma and Compliance



According to Dr. Laurie 70% of glaucoma patients risk preventable blindness because they do not use the eye drops they were prescribed.



Why? Amygdala hyperactive response leading to task avoidances. Are you managing the task or mood avoidance?

51

What does **Glaucoma** and **Procrastination** have in common?

Physically using eye drops is not difficult to the rationale mind. But remember:

- Eye drops sting
- Blurry vision
- Frightening reminder of illness
- Brains "threat detector" sees this as high-conflict

Task Avoidance triggers feelings of:

- Anxiety
- Boredom
- Self doubt

Resolution:

- Avoid the task for mood repair




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Supplements for Glaucoma and Glaucoma Suspect



Glaucoma

<p>Lowers IOP and improve blood flow in the eyes</p> <p>Moringa French maritime pine bark + bilberry extract Nitric Oxide 300mg</p> <p>Resveratrol sarrata - increases ACH levels constricting pupils and reducing IOP</p>	<p>Neuroprotective agents</p> <p>Resveratrol 400mg- inhibits glutamate preventing oxidative stress to the optic nerve</p> <p>Resveratrol 300mg-400mg- prevents death of RGC's inhibiting glutamate oxidative stress and apoptosis</p>	<p>Anti-inflammatory</p> <p>Omega-3s 20mg per day Resveratrol 200mcg per day</p> <p>Resveratrol 300mg-400mg- prevents death of RGC's inhibiting glutamate oxidative stress and apoptosis</p> <p>Resveratrol 300mg-400mg- prevents death of RGC's inhibiting glutamate oxidative stress and apoptosis</p>
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Normal optic nerve head Glaucomatous cupping

- Goal is to support not change or alter the conventional RX:
- IOP reduction, Neuroprotection, Decrease free radical damage, Enhanced blood flow
- Encourage patients to add these nutrients to their diet:
- Kale and other green leafy vegetables
- Red, Orange and Yellow Peppers
- Papaya
- Cruciferous vegetables
- Anti-inflammatory spices
- Salmon, Cod, Trout, Grass-fed Beef
- Strategies to increase Bioavailability

Recipes for Optic Nerve Support

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Nutritional Support for IOP management

- Nitric Oxide in eyedrops (latanoprostene bunod -VyZulta)
- Nitric Oxide in foods consumed -

Fruits and vegetables, especially dark leafy vegetables and beets are converted from nitrates to nitrites to nitric oxide (NO) via stomach acid and symbiosis with our oral microbiome according to Nathan S. Bryan, PhD in Functional Nitric Oxide Nutrition.

- Nitric Oxide in nutraceuticals



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Traditional Treatments Affecting the RGC's

Pharmacologic: Prostaglandin Analogs, Betablockers, Alpha-Adrenergic Agonists

Surgical: Trabeculectomy, Laser Procedures

Emerging Therapies:

- Stem cell
- Targeted Dietary
- Electrical Stimulation
- Gene Therapy



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The Notorious RGC's -What and How

RGCs help maintain mitochondrial health providing neuroprotection. NAD⁺ nicotinamide adenine dinucleotide is a signaling molecule known to improve inner retinal and visual function. These are monitored via visual field testing and electroretinography (ERG).

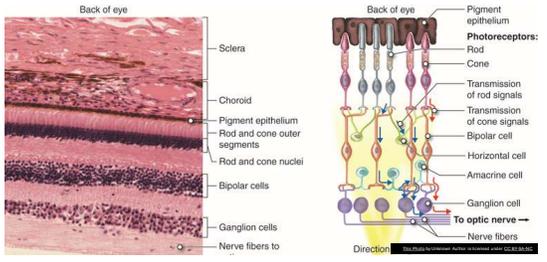
Retinal Ganglion Cells (RGC's)

- Because of their close proximity to the inner surface of the retina, they are crucial to transmitting visual information from the photoreceptors (bipolar and amacrine cells) to the brain.



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Relay channel from the eye to the brain



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Complementary Treatments for Damaged Retinal Ganglion Cells

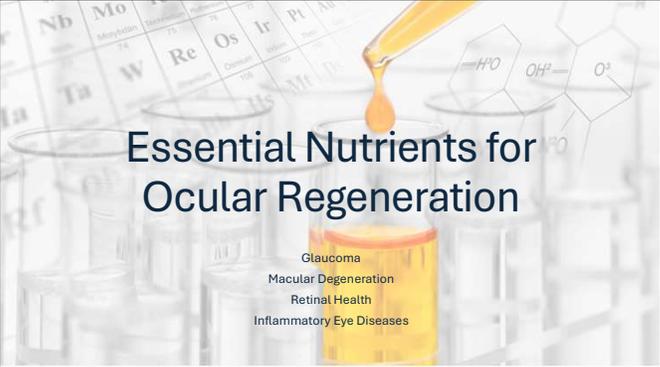
- Nicotinamide offers neuroprotection and improves retinal function.
- NAD supports mitochondrial health and reduces degeneration.
- 40 mg French maritime pine bark/bilberry fruit extracts further reduce IOP (4 week study)(Pycnogenol)
- Stem cell therapy is being researched for RGC replacement.
- Ciliary Neurotrophic Factor (CNTF) promotes RGC regeneration.
- Neuroprotective strategies include retinal electrostimulation (Transcorneal) enhancing RGC function with reduced degeneration.



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Essential Nutrients for Ocular Regeneration

Glaucoma
Macular Degeneration
Retinal Health
Inflammatory Eye Diseases



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GLP-1 receptor agonists and Glaucoma

- " One retrospective study "found significantly lower risk for glaucoma among patients using GLP-1 receptor agonists, 10 new cases of glaucoma compared with 58 new cases in a control group (P = .01)." Additionally, "a meta-analysis of studies totaling more than 2.5 million participants found a "nonsignificant reduction" in the incidence of glaucoma among those on GLP-1 receptor agonists..



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Outcome of the Retrospective Study

"GLP-1s were associated with significantly better glaucoma outcomes than other diabetes medications." Overall, researchers concluded,

"The findings of these studies indicate that GLP-1 RAs, in addition to their beneficial metabolic effects, provide a neuroprotective and anti-inflammatory benefit for the optic nerve and retinal ganglion cells."

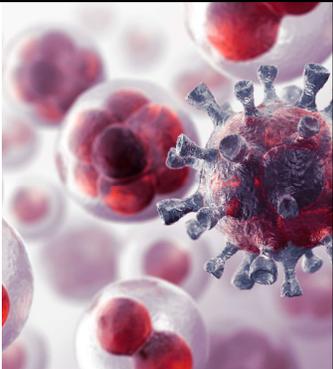
The review was published in Cureus



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Regeneration - Targeting Microbes

- Biology of Aging – longevity drugs that act on bacteria vs. human cells....



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Mitochondrial Dysfunction

How Mitochondrial Dysfunction Affects Energy

- Mitochondria are responsible for producing ATP, the energy our body needs.
- When damaged, energy production drops, leading to fatigue, brain fog, and joint pain.
- Causes include toxins from stress, food, and the environment.
- Ways to remove toxins include - ionic cleanse, colonics, detoxification cleanse, hyperbaric oxygen, medical grade ozone therapy



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Mitochondria – the cells power source

Specialized organelles or cell parts known as the powerhouse of cells generating the chemical energy needed to power cellular functions

Key to breaking down food into usable energy producing adenosine triphosphate (ATP)

Key signs per Cleveland Clinic of Mitochondrial disease:

- Vision loss + ptosis + restricted EOM's
- Hearing loss
- Migraines
- Muscle Weakness + Fatigue



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Mitochondria -Fireplace Nutrition-Firewood



AAM DISCUSSION USES A USEFUL METAPHOR...



A SUPPLEMENT COULD BE CRITICAL FOR PATIENTS WHO ARE AGING, UNABLE TO EXERCISE, OR HAVE CONDITIONS WHERE THE BODY IS OVERWHELMED AND UNABLE TO PROCESS THE NUTRITION IT RECEIVES.

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Foods that support Mitochondrial (powerhouse) infrastructure

- Avocado
- Olive Oil
- Chicken breast
- Peanuts
- Sardines
- Grassfed Steak

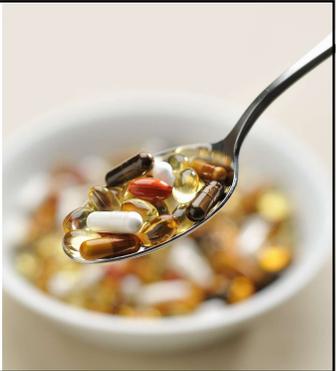
20's levels start depleting
40's symptomology begins
Early signs of presbyopia, glaucoma, dry eye disease.....



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Can you eat enough to support mitochondria?

- Nutrients from the food must be bioavailable
- Oxidative stress in small doses is helpful if mitochondria are healthy.
- Ubiquinone – Ubiquinol = antioxidant form to address oxidative stress.
- Dosage 300mg



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Regeneration With Mitophagy

New News!

- Longevity is challenged by mitochondrial decline.
- Mitophagy is mitochondrial quality control
- Aging involves declines in numbers but also in quality
- Strategies for restoration of function include Urolithin A
- Mitochondrial Cellular Recycling



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AI Driven Diagnostic and Management Tools Driven by Supply and Demand

- Oculomics is the **fastest-growing segment**, fueled by AI, imaging, and chronic disease monitoring. The demand is rising for personalized care while traditional capacity is shrinking. The infrastructure is already present in most optometrist's offices.
- Vitazi.ai – empowering ECP's to detect disease earlier with retinal scans for whole-body health risks
- \$14B by 2030



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Transforming eyewear into the world's most comprehensive health wearable

A window to your health 50+

Sonda technology will transform your glasses into a continuous health-monitoring tool, ensuring the early detection and monitoring of treatment for a broad range of conditions.



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Other Key Antioxidants and Nutrients for Healthy Aging



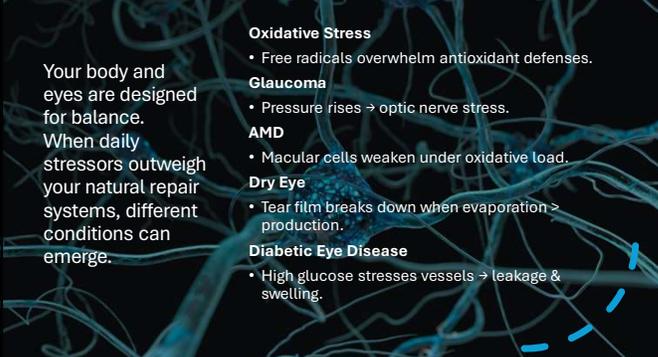
72



Antioxidants

- Combating oxidative stress
- Lemon squeezed on a cut apple is an example of an antioxidant used to prevent oxidation.
- A small amount of oxidative stress is important for normal cellular processes. Ex. Healthy immune response.

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Your body and eyes are designed for balance. When daily stressors outweigh your natural repair systems, different conditions can emerge.

- Oxidative Stress**
 - Free radicals overwhelm antioxidant defenses.
- Glaucoma**
 - Pressure rises → optic nerve stress.
- AMD**
 - Macular cells weaken under oxidative load.
- Dry Eye**
 - Tear film breaks down when evaporation > production.
- Diabetic Eye Disease**
 - High glucose stresses vessels → leakage & swelling.

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Key takeaway:

Oxidative stress = the "acceleration" that happens when free-radical load outweighs antioxidant tension



Reactive Oxygen Species (ROS – highly reactive oxygen-containing molecules)
Low levels are essential for cell signaling and immune responses

Right amount of stress (free radicals) yields Great Project
Too much stress (free radicals) yields poor performance

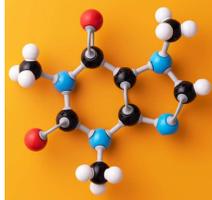
Ex. Boss

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Nitric Oxide – Molecule of Life

- "Supports healthy circulation while boosting energy and optimizing performance" – Nathan Bryan, PhD

Glaucoma support –
Decreases oxidative stress in the optic nerve



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Back up to the body's natural nitric oxide synthase (NOS)

- Spinach
- Arugula
- Beets

Nitrate to Nitrite to Nitric Oxide (NO)

Best diets:

- DASH – 1,200 mg NO
- Japanese diet – 500 mg NO
- Mediterranean – NO + antioxidants

Daily goal: 300mg-400mg Nitrate daily



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Glutathione

Your body's natural defense against oxidative and toxic stress

- Anti-aging
- Immunity
- Detoxification
- Promote healthy skin
- Increased quality of sleep
- Energy

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Glutathione (GSH) - Quarterback

- Known as the Master Antioxidant, is a naturally existing tri-peptide amino acid, ranking as the second most prevalent molecule in the body—only surpassed by water! Essential for overall well-being, Glutathione plays a crucial role in:
 - Primary defense against free radicals
 - Eliminating toxins from the body

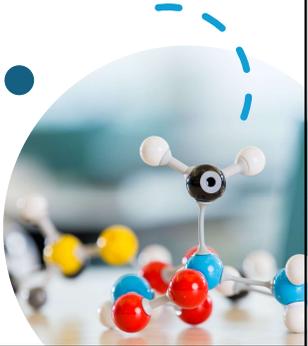


The level of Glutathione in your system significantly impacts immunity, detoxification, energy levels, aging, and your capacity to protect against diseases.

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Peptides

- Peptides are short chains of amino acids that act as signaling molecules in the body, and in eye care, they offer both therapeutic promise and clinical caution.
- Eye doctors should monitor peptide-based treatments and systemic peptide use for potential retinal effects, especially in patients with diabetes or degenerative conditions.
- Opportunity In Eye Care:** Peptides are being explored for their ability to treat retinal diseases, promote corneal healing, reduce inflammation, and support neuroprotection.
- Caution in Eye Care:** Patients with diabetic retinopathy worsening, macular degeneration worsening or even new cases, and rarer conditions like non-arteritic anterior ischemic optic neuropathy (NAION) associated with rapid blood sugar changes (control).



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AOA First Look

November 6, 2025

GLP-1 RAs May Double Risk Of Wet AMD Development In Patients With Diabetes, Study Finds

Healio (11/5, Cooper) reports a study found that "use of GLP-1 receptor agonists was associated with a **twofold higher risk for neovascular age-related macular degeneration development**" in patients with diabetes.

Researchers observed that "0.2% of patients exposed to GLP-1 receptor agonists and 0.1% of unexposed patients developed neovascular AMD over mean follow-up periods of 2.4 years in the exposed group and 2.5 years in the unexposed group. Patients exposed to GLP-1 receptor agonists had hazard ratios greater than 2 for developing neovascular AMD in both an unadjusted model and a model adjusted for sociodemographic factors and medical comorbidities." The study was published in JAMA Ophthalmology.

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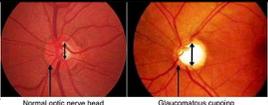
Keeping it real....

Practical Applications



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Glaucoma ingredients



- Kale and other green leafy vegetables
- Red, Orange and Yellow Peppers
- Papaya
- Cruciferous vegetables
- Nuts and seeds –ALA omega 3
- Salmon, Cod, Trout, Grass-fed Beef
- Bioavailability strategies:
- Anti-inflammatory spices: turmeric, black pepper, dill,
- Condiment: baked kale chips crushed to sprinkle
- Specialty Spice Stores

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IOP Management Menu

- Breakfast**
Oatmeal with cinnamon + blueberries + shaved almonds
- Lunch**
Grass fed sliced beef fajitas with sauteed red, yellow, green pepper medley, onions, with avocado and tomatoes or guacamole served with tortillas (corn, flour, gluten free). Ancient grains/brown rice/pepitas medley
Beverages: lunch - green tea – catechins
- Dinner**
Seared salmon over a bed of sauteed spinach with lemon, sea salt, garlic powder, turmeric, black pepper, pistachio garnish
- Beverages**
Pinot noir – resveratrol
- Desert**
Papaya, pineapple, watermelon, cantaloupe kabob with mint/lime

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Pinot Noir: A Rich Source of Resveratrol



- Pinot Noir is renowned for its high resveratrol content.
- Resveratrol is a natural compound found in red wine.
- It is believed to have antioxidant properties that protect retinal ganglion cells, reduce thinning, and decrease ON inflammation (animal models)
- Moderate consumption may offer heart health benefits.
- Resveratrol is also found in grapes and berries.

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Therapeutic levels of Resveratrol 100mg



- A standard 5 oz glass of red wine - 1mg resveratrol = minimum of 100 bottles
- Blueberries are more efficient but still an unconsumable amount to get to a therapeutic dose
- Supplementation provides the most direct route

Pinot Noir
Malbec
Petite Sirah

- PN susceptible to fungal stress triggers a defensive surge of resveratrol

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Resveratrol with Berries



- Blueberries
- Red Grapes
- Cranberries
- Bilberries
- Mulberries
- Peanuts *

* "naturally produce as a protective response to fungal stress"

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Today's patients are also consumers



- They are looking for integrative healthcare focusing on proactive science-backed longevity and wellness.
- **Today's** optometrist should champion a doctor/patient collaboration that empowers individuals on their wellness journey, equipping them with the knowledge and tools
 - to achieve optimal health and vitality at every stage of life.

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How do you identify the ideal patient for a complementary model of care?



- They are in your chair
- Geo-targeted Marketing
- Align with "like-minded" practitioners
- Educate your community
- Media

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Crawl-Walk-Run Strategy



- **Crawl:** Start introducing basics
- **Walk:** expand services and training
- **Run:** full integration of longevity and holistic care

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Nutrition & Longevity – Patient Engagement

- Share evidence-based nutrition and nutraceuticals
- Use laminated guides or digital devices for overview
- Include QR codes for personalized coaching
- Keep specialty services distinct from routine exams

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Payment Structure

- Initial Consultation
- 4-week program
- 3-month program
- 6-month program
- Subscriptions
- Collaborations



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Professional Collaborations Can Be Key

Elevating the eye as a diagnostic gateway—illuminating systemic health and empowering whole-person care. – Millicent L. Knight, OD



After more than 30 years of practice, empowerment and whole health are still the centerpieces of my care – Phyllis Gee, MD



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Cleansing and Detoxification

- Test don't Guess -toxic cleanse and detoxification pathways, Best practices include pre and post measurements:
- Establish a baseline and goals
- Make recommendations for optimal outcomes
- Reinforce nutritional and lifestyle interventions
- Track improvement over time
- Doctor-patient partnership increases engagement

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Cultural Sensitivity Builds Engagement

- Cultural sensitivity in food choices is important because:
 - Patients may have dietary restrictions
 - Boost patient engagement in their treatment plan
 - It improves compliance
 - It builds trust
 - Disrupts the segmentation of our bodies and conditions
- 1st patient of Caribbean descent. Personalized culturally sensitive care plan developed. Patients will go where they find value.
- Cornell University Certification in Diversity and Inclusion 2022 – provided deeper framework for understanding best practices in patient engagement, as well as poorer outcomes in marginalized communities



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The Key to Healthful Eating is Preparation

Know where "real" food is located

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Encourage patients to read labels

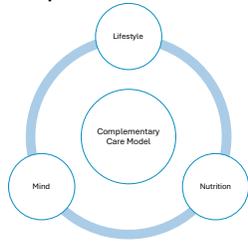
- When eating packaged foods, read food labels carefully. Try to avoid additives and unhealthy fats. Here are a few more ingredients you should try to limit or avoid all together:
 - Monosodium Glutamate (MSG)
 - Trans Fats (Hydrogenated Oils)
 - Artificial Sweeteners
 - Artificial Colors/Dyes



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Conventional Treatment + Complementary Yields Greater Overall Compliance

- Compliance is built on trust and concern
- Get to know the patient not just their case
- Provide take homes for tighter compliance



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Complementary approach to whole person care is fulfilling and brings value to patients, many of whom no longer feel seen or heard.

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Disclaimer

The following coaching information is designed to support your wellness goals. This data is not designed to diagnose or treat any medical conditions. It is advised that you continue to seek care from your other medical professionals and use this wellness plan to augment your conventional care for optimal results.

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Q&A – 38% of the US Population

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Optometry Has to Step Up

- Dr. Richard Edlow, known as the Eyeconomist, indicate that by 2030 there will be 1200 fewer OMD's to meet the demands of 6 million cataract surgeries + Glaucoma, AMD, and Diabetic Retinopathy. *Optometry's Meeting 2025*




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Global Innovations – Eye as a Biomarker

🌐 OUS technologies use the eye to detect:

- Cardiovascular disease
- Kidney dysfunction
- Alzheimer's Biological vs. chronological age
- 👁️ Risk: OD capabilities are overlooked

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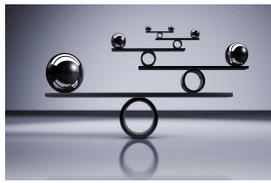
HHS Secretary Pushes Medical Schools To Teach More About Nutrition

- "Dozens of American Medical Schools have agreed to rework their curriculum to teach more about nutrition." The New York Times March 2026
- **Non-adoption** – Funding Cuts
- **Adoption** – Public Recognition



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Longevity with Eye Care as the Foundation



- Longevity aims for a long life with good vision.
- Eye health is crucial for quality of life.
- Holistic approaches emphasize prevention and lifestyle balance.
- Nutrition and wellness support both eye and overall health.
- Integrative care enhances patient's overall well-being.

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We have an opportunity

- To help every person see clearly by using the eye as a window to whole-body wellness.
- To redefine global wellness by positioning the eye as a strategic lens into systemic health, innovation, and longevity.

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Longevity with Eyecare as a Foundation

Millicent Knight, OD, FAAO, FAARM, FNAP
Integrative Nutrition Health Coach

Longevity is not just about lifespan; it's about health-span.

The Optometrist is critical in utilizing the eye as a gateway and early biomarker for systemic disease.

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www.eyelandwellness.com

Millicent Knight, OD, FAAO, FAARM, FNAP
Integrative Nutrition Health Coach

Integrative Eye & Wellness Center
Focusing on Your Wellness

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