

# World Ophthalmology Conference

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**Manchima Makornwattana**

Thammasat University, Thailand

## Glaucoma alternative treatment

Glaucoma is the leading causes of blindness all around the world and the first leading cause of preventable blindness in the US. In 2020, there will be more than 11 million patients suffering from bilateral blindness from glaucoma. At the moment, lowering intraocular pressure either by medication, laser or surgery is the only method to control glaucoma. There are many evidences showing that non-IOP-dependent factors responsible for glaucoma progression such as Dark chocolate and omega-3-fatty acids can also improve blood flow regulation. Oxidative stress at mitochondrial level can be reduced by Gingko biloba extract. Polyphenolic flavonoids (tea, coffee and red wine), anthocyanosides, ubiquinone and melatonin have antioxidant properties, and heat-shock proteins can be induced naturally by the use of sauna baths which are still under investigation study. There are also many activities that may affect IOP such as Yoga exercise, weight lifting exercise, some music instruments, caffeine intake or drinking water.

## Biography

Associate Professor Manchima Makornwattana, M.D. graduated from Chulalongkorn University Faculty of Medicine, Bangkok, Thailand in 1995. After having completed her Ophthalmology Residency training at the same institution in 2001, where she also served as a Chief Resident, she completed the Clinical Glaucoma Fellowship and the Glaucoma Research Fellowship at the New York Eye and Ear Infirmary in 2004, under the directorship of Professor Robert Ritch, M.D. and Professor Jeffrey M Liebmann, M.D. Dr. Makornwattana currently serves as a Director of Ophthalmology department, Faculty of Medicine at Thammasat University Hospital. She is the Director of the Clinical Glaucoma Fellowship Training Program, the Vice Director of the Ophthalmology Residency Training Program, and the Vice Director for Academic and International Affairs at the Department of Ophthalmology, Thammasat University Faculty of Medicine. Dr. Makornwattana has been appointed as a Treasurer, an Executive Committee, and a Secretary of the Subcommittee for Academic Affairs of the Royal College of Ophthalmologists of Thailand. She is the Scientific Chairman and has been serving as an Executive Committee of the Thai Glaucoma Society. She has also been assigned as APAO Women Ophthalmologists Standing Committee since 2012. She also is an expert consultant for Thai Food and Drug Administration. Dr. Makornwattana has authored a glaucoma textbook, and written many chapters and articles on the subject of glaucoma, ocular surface, intraocular lens and cataract. She has published a book about glaucoma with the purpose of helping to promote public awareness and to prevent glaucoma blindness. Dr. Makornwattana is a distinguished glaucoma and cataract specialist whose current major research interests includes angle closure glaucoma, factors related to intraocular pressure, surgical techniques, and advanced technology in glaucoma diagnosis and surgery. She is regularly invited as a keynote speaker, a chair of conferences, a lecturer, and a course instructor at various scientific conferences in the field of glaucoma and cataract in Thailand and many other countries.

[manchima12@yahoo.com](mailto:manchima12@yahoo.com)