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**Global
Webinars**

THE DIGITAL GLAUCOMA NETWORK

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22
2021

Join the World
Glaucoma Association for
the 5th global webinar on

Lifestyle and Glaucoma

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PROGRAM WGA GLOBAL WEBINAR

Saturday, May 22, 2021



Organizing Committee: Makoto Aihara, Tin Aung, Tanuj Dada, Neeru Gupta, Fabian Lerner, Shan Lin, Kaweh Mansouri, Olusola Olawoye, Ningli Wang, Robert N. Weinreb (Chair).

LIVE  **at 2pm UTC**

7 am San Diego / 9 am Mexico City / 10 am Boston – Miami – NYC / 11 am Buenos Aires – Rio de Janeiro / 3 pm Lagos – Lisbon – London / 4 pm Amsterdam – Cape Town – Paris – Rome / 5 pm Athens – Moscow – Nairobi – Tel Aviv – Vilnius / 7:30 pm Delhi / 9 pm Bangkok / 10 pm Beijing – Hong Kong – Singapore / 11 pm Seoul – Tokyo / midnight Melbourne

WELCOME & INTRODUCTION - Fabian Lerner, WGA President (Argentina)

LIFESTYLE AND GLAUCOMA | SESSION 1

Moderator: Robert N. Weinreb (USA)

Chairs: Ana María Vásquez (Ecuador) & Parul Ichhpujani (India)

- 01** Blood pressure - too high or too low? - *Fotis Topouzis (Greece)*
- 02** Exercise - what type and how much? - *Jonathan Crowston (Singapore)*
- 03** DISCUSSION
- 04** Any value to yoga and meditation? - *Tanuj Dada (India)*
- 05** Other factors increasing IOP. - *Xiulan Zhang (China)*
- 06** DISCUSSION

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LIFESTYLE AND GLAUCOMA | SESSION 2

Moderator: Robert N. Weinreb (USA)

Chair: Sameh Mosaed (USA)

- 01** Coffee and tea: are they safe? - *Hitomi Saito (Japan)*
- 02** Nutrition and diet. - *Louis Pasquale (USA)*
- 03** Recommend supplements? - *Jiun Do (USA)*
- 04** DISCUSSION
- 05** Marijuana: good or bad? - *Henry Jampel (USA)*
- 06** DISCUSSION & CLOSURE