Dear Colleagues,

This volume is a festive edition since ESASO will celebrate its 10th Anniversary in 2018. As pioneers of a complete international post-graduate programme we started to share our knowledge with our younger colleagues and for the benefit of our patients.

I am overwhelmed and proud that today, over 200 friends and ophthalmic leaders, support our idea! Together we are teaching on two campuses, in Lugano and in Singapore.

For years we have been working on achieving higher education accreditation and I hope, given the positive and fruitful association with our partner, the Università della Svizzera Italiana (USI, Lugano), that we will soon reach our goal.

Let me end by wishing you and your families a merry Christmas and a happy New Year 2018. Thank you for your trust and your ongoing commitment to share our intention of “A Vision of Collaboration”.

Yours amicably,

Giuseppe Guarnaccia, MD
ESASO Global Executive Director
Lugano, Switzerland

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ESASO 2008 – 2018

The European School for Advanced Studies in Ophthalmology (ESASO) is a pioneer in post-graduate education. It started during the Academy Meeting in Seattle in 2007, when three European experts met for a coffee. Knowing about the soon-to-come shortages in human resources in their profession, they discussed the necessity of training their younger colleagues.

Their discussion elevated from motivational aspects and the accessibility of knowledge to presenting current concepts in diagnosing ophthalmic diseases, sharing best practice in the treatment and management of patients and teaching decision-making principles. Their vision was to build up a post-graduate educational programme for young ophthalmologists to become experts in their profession and improve their clinical and surgical practice for the benefit of their patients.

As an independent Swiss Foundation, ESASO has established its headquarters in one of Lugano’s traditional locations from where it organises its activities with a steadily growing team. The school has grown a wide network of faculty members amounting to nearly 220 visiting professors from 35 countries today. They all believe in the common idea of ‘a vision of collaboration’ and come frequently to Lugano to share their clinical expertise and face-to-face learning.

Five experts founded ESASO in 2008 in Lugano, the Italian part of Switzerland. They started with three educational modules one year later and have not stopped since. The school’s activities cover the study of all subspecialties, including medical and surgical management of retinal conditions, cornea, refractive surgery, cataracts, glaucoma, uveitis, oculoplastics, paediatric ophthalmology and strabismus.

In March 2010, the Asian Campus of ESASO was founded in Singapore. Today, ESASO provides training in neighbouring coun-
tries such as China, Thailand, Vietnam and the Philippines. Over the years, ESASO has diversified its portfolio from face-to-face teaching modules of one week to also include a one-month observership and full year fellowships.

To add to its educational portfolio, ESASO started publishing its full teaching syllabuses as ‘ESASO Course Series’ in 2012. They chose Karger publishers to disseminate the taught content from the modules to a wider public.

A key milestone in ESASO’s history was the inauguration of the newly built ESASO Training Centre (ETC) on 28 October 2016. The ETC is conveniently located on the third floor of the Lugano Regional Hospital, only a few steps away from the university in Lugano. Today, ESASO teaches its modules exclusively at the ETC and rents out the facilities to organisations and companies (see Graph). Companies can hire the ETC as a stand-alone facility or benefit from a complete educational offering including agenda setting, faculty management, and the management of participants. ESASO can also handle the accommodation and hospitality.

ESASO has grown into a worldwide and unique brand to educate young colleagues and celebrates its 10th Anniversary at the upcoming congress of the Euretina and ESCRS in Vienna in 2018. Be sure to come and join us in a toast on the years to come! THANK YOU!

Last but not least, ESASO is active in organising its annual congresses, the ESASO Academies, hosted in different cities across Europe. Anticipating the recent changes in pharmaceutical industry compliance, it has started to live stream its events so delegates can participate virtually. This year, there were more than 2,200 virtual delegates from 88 countries. It is a new era that requires attention from organisers in order to satisfy learners’ expectations and meet set learning objectives for ESASO and regulators.

This updated and revised edition focuses on recent significant developments in preferred practice for diabetic retinopathy and dry and neovascular AMD. It further discusses pathology, imaging, and visualisation of retinal diseases.

Retinal specialists who wish to stay abreast of the constantly changing world of medical retina will find this publication a must-read.

Free sample chapters
- Wet age-related macular degeneration Read here
- Pediatric vascular retinopathies Read here

In 2018 ESASO will launch this new volume which approaches the topic of the imaging techniques with six chapters including retinal imaging, angiography and multi-modal imaging.
The pilot phase of the newly launched programme has successfully started with residents from three Italian universities. A second roll-out phase will involve German and Polish universities and will be launched during 2018 and 2019.

Tailored programmes
ESASO aims to support its partners by training residents and preparing them for their future careers. Complementary to the training ESASO will offer tailored programmes for wet and dry-lab activities. The participants will learn about surgical steps and processes, become familiar with the OR environment and perform surgical interventions. They will benefit from shared knowledge from senior colleagues guiding them through their individual learning experience.

The benefit for the participant is to gain hands-on experience without pressure, sharing knowledge while assisting colleagues to perform their surgeries, and reflecting on outcomes with experts and other participants.

Depending on the varying university specialisation curricula, ESASO’s tailored programmes can include several days of wet and/or dry-labs: vitreoretinal surgery and/or cataract surgery with a virtual simulator; and vitreoretinal and/or cataract in the wet-lab.

The dry-lab, with its virtual simulators, allows residents a stepwise approach to consecutive surgical attempts without time-consuming preparations; an efficient personal and equally professional experience that would require years of practice in a real-world environment and with real patients.
This newly created residents training programme creates a win-win-situation between ESASO and its stakeholders. It will allow partner universities to include an effective preparation for their residents learning current concepts while using sophisticated technologies and medical devices correctly. The participants will benefit from acquired hands-on skills while mastering their knowledge in surgery and required steps for clinicians.

ESASO is available to present these benefits to medical departments of universities and support their resident training programmes.

I was introduced to ESASO by colleagues of mine and I immediately responded positively to the invitation of ESASO to participate as an instructor in cataract and vitreo-retinal surgery. ESASO is not only fulfilling its role in post-graduate training of ophthalmologists from Europe and all around the world in an excellent way, but it also provides a platform for the exchange and development of new ideas in making ophthalmic education attractive, up-to-date and modern. What makes my task as an instructor most enjoyable is the motivation of the participants to learn, and their will to go a step further and develop abilities they might not know they had.

Georgios Blatsios, MD, Austria
Simulator Trainer, Lugano

News

New retina module
A new module on basic and intermediate surgical retina will be launched at the Medical University of Lublin in Poland. It will train hands-on skills on basic and intermediate levels.

Continuing Medical Education (CME)
Starting from 2018 all ESASO modules organised by the Lugano Campus will apply for the European Accreditation Council for Continuing Medical Education (EACCME-UEMS).

Online application system
Participants of ESASO modules can conveniently apply through an online portal. The application process opens four months prior to the start of each module. More details at esaso.org/programme-2018/
2017 has been a very busy and fulfilling year for ESASO Asia, seeing over 250 students attending four educational modules, as well as a series of ‘firsts’: the first glaucoma preceptorship and module and the first uveitis module were held at the Singapore campus this year. In addition, a module in medical and surgical retina was held in Singapore and Beijing.

World-class medical and surgical retina module
Global Executive Director of ESASO, Giuseppe Guarnaccia, personally visited Beijing to experience this module, which featured top faculty from the US, UK, Singapore and China teaching clinically relevant topics and the latest diagnostic techniques. Some of the participants had previously attended the ESASO module in Shanghai in 2014, and had valued that programme so highly that they were determined to attend this module.

“I learnt so much from the previous module that I made sure I signed up for this programme in Beijing,” said doctor Sun, an ophthalmologist from Tianjin. “I was able to hear world-class lectures in a very engaging format, allowing me and other participants to ask questions and clear our doubts. I strongly encourage other ophthalmologists who want to improve their clinical knowledge and practice to attend ESASO Asia modules. Not only have they made a difference to me, but more importantly, they have made me a better doctor for my patients.”

Highly recommended glaucoma preceptorship and module
The glaucoma preceptorship and module were a unique opportunity for participants to have hands-on experience with patients, cases, interpretation of visual fields and OCT examination. “I was impressed by the attention to detail in the organisation of the module,” said one participant from India. “The practical sessions were particularly relevant to helping me as a Fellow training in glaucoma subspecialty. I would highly recommend ESASO Asia modules for anyone wanting to be a better clinician.”

Extremely popular uveitis module
The uveitis module was so popular that registrations were fully taken up within one day of the start of online registrations. “The quality of the programme and excellent faculty are what sets ESASO apart from other teaching courses; coupled with a need for training in uveitis, this is why ESASO is doing so well in Asia,” said Quan Dong Nguyen from the USA.

The future of ESASO Asia
“With ESASO becoming recognised as a global brand, there has been increasing interest in organising modules in many countries throughout Asia, including China, Thailand, Philippines and Malaysia,” says Adrian Koh, Executive Director of ESASO Asia. “We are extremely positive and excited about the future of ESASO Asia, although we will have to keep working hard to maintain our quality and relevance.” Indeed, the vision and mission of ESASO is certainly strongly alive in this vibrant and growing part of the world.
30 June – 1 July 2017
This summer, ESASO made a splash in an unseasonably rainy Berlin for the 17th ESASO Retina Academy.

Although the weather was poor, spirits weren’t dampened as delegates from 35 countries were treated to plenary sessions, debates, workshops and masterclasses delivered by over 30 top faculty from around the world. A wide range of subjects were covered, touching upon many important aspects of current ophthalmology practice. Learning outcomes were measured by keypad questions given both before and after each plenary session, which revealed that the levels of knowledge in the audience in terms of correct responses improved by at least 10% on about half of the topics assessed.

The delegates attending in person in Berlin were joined in digital form by colleagues from 88 countries and five continents, as the congress was streamed live to over two thousand registered virtual delegates. Videos were also uploaded for on-demand viewing by ESASO associates, further increasing the availability and reach of the educational content.

“I hope that everyone who attended this year’s meeting in Berlin enjoyed the opportunity it provided them to learn, meet and discuss alongside their peers from around the world,” said Francesco Bandello, Congress President. “We are now looking forward to next year’s meeting in Warsaw, Poland, in October 2018, where we hope to see many of our ESASO colleagues and friends again.”

ESASO Anterior Segment Academy (ASA) is now on its fourth edition organised in collaboration with ESASO. It’s the second in a series of three on hypermetropia.

“We have chosen to offer our programme as a series in order to continue our training pathway in anterior segment diagnostics and surgery. Correcting hypermetropia is more complex than myopic vision correction, as the range of correction in diopters is more restricted and the possible complications are more serious,” says Paolo Vinciguerra, one of the congress organisers.

In cataract surgery, there are challenges in relation to limited spaces that make the results more difficult to achieve. The biometrics are more unpredictable, and there is a correlation to glaucoma. These patients present a further challenge, since they have often had good eyesight, at least in childhood, without needing glasses. The problem often arises of how well-accepted the correction will be, apart from having to assess orthophoria, and cycloplegic exam effectively with each surgical or simply prescriptive intervention. “Treatment and diagnosis are obviously highly complex, and we aim to address diagnostics in an integrative way, using modern techniques,” professor Vinciguerra concludes.

As well as hypermetropia, ESASO ASA will also address another condition that is closely related: presbyopia. With ever greater possibilities for correction, and patients also requesting more, what choices should we make? These issues must also be considered at re-intervention, as every time we operate, we must also assess the possible complications and consider possible solutions for them. This event will be attended by a top international panel.
ESASO days and forums are interactive gatherings with leading specialists discussing recent advances and controversies in specific retinal pathology issues. These events address expert ophthalmologists, who are particularly involved with the specific topic. ESASO days and forums are different from congresses, with a more limited number of participants; who can become part of a wider international network and be more effective in delivering teaching and spreading the knowledge of new medical technologies.

**ESASO organised the following events in 2017**

**ESASO Day**

- **Floretina, Florence, Italy** 27.04.2017
- **State of art of diabetic retinopathy management, Siracusa, Italy** 01.06.2017
- **Innovations and current trends in cataract surgery, Moscow, Russia** 20-21.10.2017

**ESASO Day**

- **Cairo Retina Meeting, Cairo, Egypt** 11.01.2018
- **Retina Forum, Genoa, Italy** 07.07.2018
- **Red Sea Ophthalmology Symposium, Jeddah, Saudi Arabia** 05.01.2017
- **New aspects of retinal diseases and glaucoma, Lublin, Poland** 24 – 25.11.2017

**ESASO organised the following events in 2017**

**ESASO Day, New aspects of retinal diseases and glaucoma, 24-25 November, Lublin, Poland**

**ESASO organised the following events in 2018**

**ESASO Day and Forum**

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