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Trine graduated as a medical doctor from University of Southern Denmark in 2011. In 2017, she entered the field of myopia research as the primary investigator of the PhD project Clinical study Of Near-sightedness; Treatment with Orthokeratology Lenses (CONTROL study). She is currently the primary investigator of the CONTROL2 study, co-supervisor of the PhD study "NISDO", and a key member of the group implementing myopia control at the Ophthalmic department, University Hospital of Southern Denmark. In 2022 she was appointed as the Danish SOE National Lecturer and in 2023, she received a certificate from Acta Ophthalmologica for having a top downloaded article during its first 12 months. Currently, Trine is working part-time as a postdoc and part-time as a resident in ophthalmology.