



Dear friends and colleagues, the March Newsletter contains lots of details on YO sessions and activities taking place [at SOE 2025 from 7th – 9th June, in Lisbon, Portugal.](#)

Other articles cover the following topics- EMYO, Myopia current studies, SOE YO Mini-exchange, letter from Cairo and world class surgical training center in Barcelona.

Below is an interview between me and Atanas Bogoev.

Atanas: Hello Lana, how many years have you been the editor of the SOE YO Newsletter and how did it start??

Lana: Thank you Atanas for this interview. It all started in 2018 after I became YO (Young Ophthalmologist) representative from Georgia in SOE – Georgian National Society gave the recommendation, I'm very greatful for that, then I became YO committee member, at that time Dr. Simon Fung was editor and he asked me to work with the Newsletter team, he was the example for me how to be the good editor, and after he left the committee, I was asked to become the editor and I agreed with great pleasure.

Atanas: What were the difficulties and challenges of working as a Newsletter editor?

Lana: In the beginning it was more challenging to find authors, sorting articles and collecting them. Also, whenever I was attended to conferences or meetings, I always looked for YOs to motivate and inspire them write articles for SOE Newsletter. During this time, I accumulated quite a large list of great authors. Of course, subcommittee members, including you and Ayesha Kerimi from UK, helped me, I'm very thankfull to all of you.

Atanas: What is your plans for the future?

Lana: I'm pediatric ophthalmologist in Georgia, doing ROP clinic, strabismus surgeries, some plastics, my future plan is PHD and gain new skills - including surgical, if SOE needs me in the future I'm always ready to be involved. I want to thank to all SOE staff and YO Committee, we did a lot together, including webinars, YO meetings, now we are organising SOE YO sessions in Lisbon in 7-9 June 2025, and I'm delighted to invite and meet you all there.

Atanas: Thank your Lana for your job done for the Newsletter.

[Atanas Bogoev, MD – atanashbogoev@gmail.com](#)

SOE 2025 Early Bird Registration is open until Wednesday 19th March 2025 – go to

<https://soe2025.soevision.org/registration-soe-2025/>



Programme details can be found @ soe2025.soevision.org

YO sessions and activities can be found @ <https://soe2025.soevision.org/yo-lounge-activities/>

Keynote speaker details can be found @ <https://soe2025.soevision.org/scientific-programme-sessions/keynote-speakers/>



EUROPEAN SOCIETY OF OPHTHALMOLOGY
LISBON - PORTUGAL
7 - 9 JUNE 2025
soe2025.org



**Matthew Fenech MD, MSc, FEBO, FICO,
FRCOphth; Ophthalmology Speciality Trainee
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We would like to take this opportunity to introduce this year's Young Ophthalmologists Programme for the European Society of Ophthalmology Congress being held in Lisbon, between the 7th and 9th of June 2025. The YO committee have been working hard behind the scenes to bring together an exciting programme.

On Sunday 8th June, the key sessions to look out for will be the Neuro-ophthalmology and Imaging session and Challenging Retinal Cases session. The latter session focuses on complex scenarios in retinal pathology, providing attendees with practical insights and up-to-date techniques. The eyes are a window to the brain, as many central nervous system disorders manifest through visual signs or symptoms. It is therefore crucial for ophthalmologists to recognize these signs and understand the intricate relationship between the brain and the eyes. The neuro-ophthalmology session offers practical insights, complementing the broader array of neuro-ophthalmological topics featured at SOE 2025.

On Monday 9th June, the YO session programme comes to a close with two more sessions, Prevention of Myopia Pandemics and Sustainability and Global Ophthalmology. It is estimated that by 2050 nearly half the people in the world will have near-sightedness. Vision loss related to pathologic myopia is of great clinical significance and prevention is better than cure. The YO lounge session on sustainability aims to promote and disseminate guidance on the actions ophthalmologists can take to support other members of the wider ophthalmic in delivering and leading projects sustainably within the workplace. The sessions will also be accompanied by an interactive and engaging YO Lounge programme. The YO Lounge will be open daily between 08:30 and 17:00. Here you will be free to interact amongst peers, share ideas and network to your heart's content. Make sure to free up some time and pop by and enjoy our daily round table discussions, packed with hot topics and engaging speakers.

On behalf of the YO team, we look forward to seeing you soon. See you in Lisbon!

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EUROPEAN SOCIETY OF OPHTHALMOLOGY
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SOE YO

European Society of Ophthalmologists
Young Ophthalmologists

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let's open our eyes

DRY LABS WILL BE AVAILABLE
FURTHER DETAILS TO FOLLOW

YO Events, Activities and Sessions at SOE 2025, 7–9 June 2025, Lisbon, Portugal.

Open daily, the YO Lounge is for exclusive use by YOs and will offer exciting and informal daily and lunchtime specific YO sessions, as well as a YO reception. Relax and enjoy complementary refreshments, and the opportunity to network with your international peers, the SOE YO committee and your national representatives.

YO OFFICIAL SYMPOSIUM	
Sunday 8 June	
14:30 - 16:00	Challenging Retinal Cases
16:30 - 17:45	Neuro-ophthalmology and Imaging
Monday 9 June	
14:30 - 16:00	Prevention of Myopia Pandemic
16:30 - 18:00	Sustainability and Global Ophthalmology
YO LOUNGE PROGRAMME	
Saturday 7 June	
12:00 - 13:00	National Representative General Assembly Meeting & Mini Exchange details
18:00 - 19:00	Joint YO/EuLDP Reception
Sunday 8 June	
11:00 - 12:00	Mini Exchange subscription session
12:00 - 13:00	Voluntary work Roundtable
YO NIGHT OUT DETAILS WILL BE AVAILABLE IN THE YO LOUNGE	
Monday 9 June	
12:00 - 13:00	Aesthetics in ophthalmology Roundtable
13:00 - 14:00	Future career directions - how to decide where to go next? Roundtable

To sign up for YO news go to: soevision.org/yo/sign-up/

YO LOUNGE OPENING TIMES

Saturday 7 June 9:30 – 17:30 & YO Reception at 18:00
Sunday 8 June 9:30 – 17:30
Monday 9 June 9:30 – 17:00

For General information email: Secretariat@soevision.org
For Congress updates go to <https://soe2025.soevision.org/>

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OPHTHAGENDA



YO NEWS





Welcome to Lisbon!

Diogo Hipólito-Fernandes

Portuguese YO National Representative

ULS São José, Lisbon

We are absolutely thrilled to welcome you to our beautiful city for the European Ophthalmology Congress this June. Lisbon, with its rich history, vibrant culture, and stunning landscapes, is the perfect place to combine professional learning with unforgettable experiences.

There are a few must-see attractions that will make your visit even more special. Lisbon has so much to enjoy that it is hard to summarize but I will try my best! Start with a visit to **Belém** where you can marvel at the iconic **Jerónimos Monastery** and the **Tower of Belém**. Don't forget to taste the world-famous **Pastéis de Belém**, a treat that Lisbon is famous for! For a panoramic view of the city, head to **São Jorge Castle** or visit the **Miradouros** (viewpoints) such as **Miradouro da Senhora do Monte** for breathtaking views of Lisbon's red-tiled rooftops.

The charming neighborhoods of **Alfama**, **Graça**, **Bairro Alto** and **Príncipe Real** are perfect for strolling through narrow streets, discovering Fado music, and enjoying the lively atmosphere. If you love art and history, be sure to visit the **Museu Nacional de Arte Antiga** and the **Calouste Gulbenkian Museum**.

For a more unique experience, take a tram ride on the iconic **Tram 28**, which winds through some of the city's most picturesque districts.

This is an exciting time to visit our beautiful city, as you will be here during the vibrant **Festas de Lisboa**, including the St. António Holiday, one of Lisbon's most beloved celebrations!

During these festivities, the streets come alive. The heart of the celebrations can be found in neighborhoods like **Alfama**, **Bairro Alto**, and **Graca**, where you'll find the famous **arraiais** (street parties) full of joy and traditional Portuguese charm.

Be sure to indulge in the local culinary delights—especially the **grilled sardines**, which are a must-try during this season.

We hope you enjoy both the academic experience at the congress and the lively cultural atmosphere that Lisbon has to offer. We look forward to seeing you explore the city and make lasting memories!

Restaurants Recommendations

Lisbon is home to a vibrant food scene, and there is no shortage of incredible places to eat. From traditional Portuguese dishes to modern culinary experiences, there are a lot of options to discover. I decided to focus on Portuguese traditional food, so here is my guide, hope you enjoy it:

- Budget-Friendly Restaurants:

- **Pitéu da Graça** (Graça) – a small restaurante with traditional and delicious Portuguese dishes such as **filetes de peixe** and great meat.
- **Zé da Mouraria** (Mouraria) – famous for its huge doses, the **bacalhau** (codfish) is amazing.
- **Zé dos Cornos** (Mouraria) – the **ribs** are the king of the grill, a restaurant with long tables and wooden benches.

- Mid-Range Restaurants:

- **Taberna da Rua das Flores** (Chiado) – A cozy place that offers a creative take on traditional Portuguese tapas.
- **Cervejaria Ramiro** (Intendente) – great seafood restaurant and great (noisy and crowded) atmosphere.

- Expensive Restaurants:

- **Belcanto** (Chiado) – Run by renowned chef José Avillez, this Michelin-starred restaurant combines innovative gastronomy with Portuguese flavors.
- **Fortaleza do Guincho** (Cascais) – A breathtaking seaside restaurant with stunning views and gourmet dishes.
- **Solar dos Presuntos** (Restauradores) - one of the most iconic restaurants in Lisbon, famous for its Portuguese traditional dishes (such as **cabrito** and **lampreia**), but also fresh seafood and fish.

Congress Venue – Lisbon Congress Centre

The area surrounding the **Lisbon Congress Centre** (CCL) is a dynamic and scenic part of the city, offering a mix of modern infrastructure and lush green spaces. Located along the Tagus River in the **Alcântara** district, it boasts beautiful views and a vibrant atmosphere. The nearby **LX Factory**, a former industrial complex, has been transformed into a trendy hub filled with restaurants, shops, and cultural spaces. The area is well-connected to other parts of Lisbon, making it easy to explore nearby attractions.

How to get to:

Public transportation

From the city centre, you can reach the city centre by taking busses or trams from Cais do Sodré (downtown Lisbon):

- Bus 732: Marquês Pombal/Outurela
- Tram 15E: Algés/Praça da Figueira

Other busses are also available from the station R. Junqueira/Centro Congressos:

- Bus 714: Praça da Figueira / Outurela
- Bus 727: Estação Roma-Areeiro / Restelo - Av. Descobertas
- Bus 751: Estação Campolide / Linda-a-Velha
- Bus 756: Olaias / R. Junqueira

Train

From Santa Apolónia terminal station, take the blue Metro line to Baxia-Chiado station, and then change onto the green Metro line to terminus Cais do Sodré.

From Gare do Oriente, take the red Metro line to the station Alameda and then change to the green Metro line to the terminus, Cais do Sodré.

Detailed information regarding public transportation is available at:

- www.carris.pt for trams and busses
- www.metrolisboa.pt for metros

Car, Taxi, Uber/Bolt

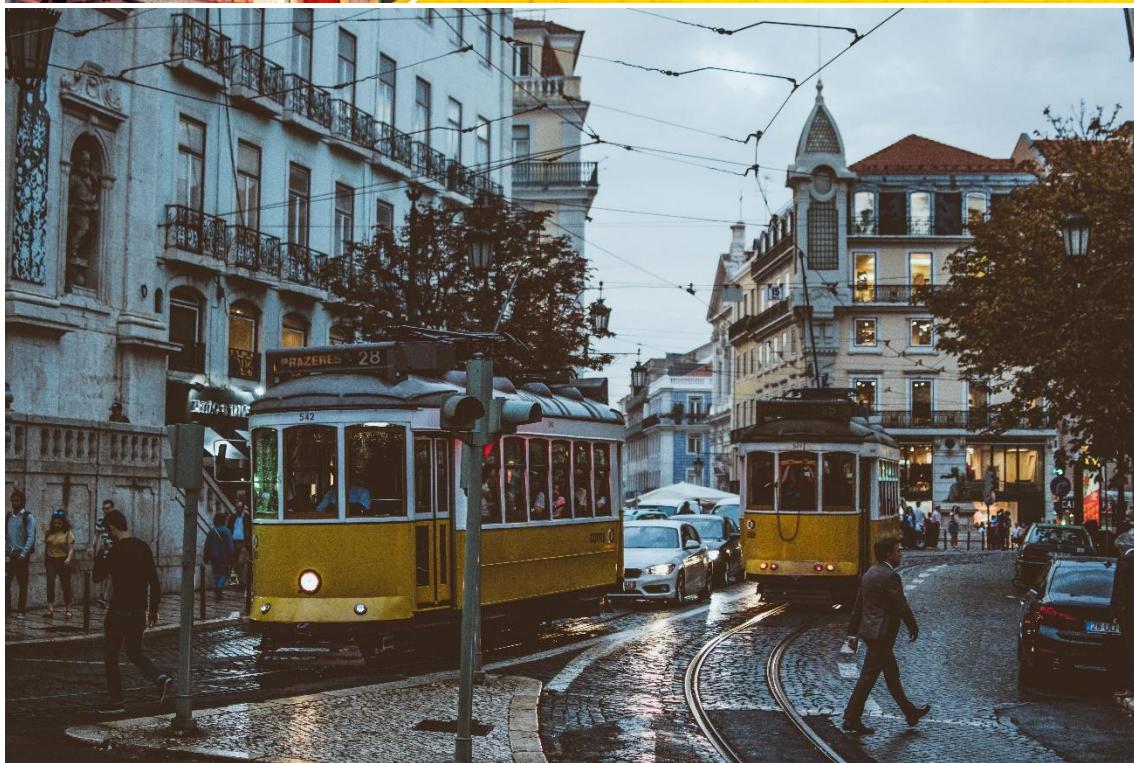
Hotel Recommendations:

Check hotel options close to the congress venue at:

<https://soe2025.soevision.org/hotels-for-soe-2025/>

Once again, welcome to Lisbon. We are excited to have you here!







Dr. med. Leonie Menghesha, MD - president of the organizing committee of **EMYO 2026 in Germany**, she gives us a brief insight into her first experiences and vision in organizing this congress with SOE and Théa Laboratories.

Thoughts and visions on organizing a congress for Young Ophthalmologists (YO) in Europe

Organizing a congress like EMYO – the European Meeting for Young Ophthalmologists – is a rewarding and inspiring yet complex endeavour. Bringing together aspiring eye care professionals from different countries, educational backgrounds, and levels of expertise requires careful planning, coordination, and strategic decision-making. At the end of this journey, the goal is a high-quality congress with the opportunity to exchange ideas, learn, build new friendships and connect with YOs all over Europe. As the president of EMYO 2026 in Germany, I am honoured and incredibly excited to be a part of this outstanding task.

Below are some of the key challenges encountered when organizing such an event.

1. Logistics and Venue Selection

Choosing a suitable location that is easily accessible for participants across Europe is very important. Factors such as transport links, airports and local accommodation options must be considered. Additionally, selecting a venue that offers appropriate facilities, including conference halls, breakout rooms, and technical support, is essential for a seamless and unique experience.

2. Speaker and Content

A successful congress relies on a well-structured scientific program with engaging speakers and relevant and high-interest topics. Additionally, balancing theoretical knowledge with practical workshops and interactive sessions requires careful content curation.

3. Diversity and Inclusivity A European congress should reflect the diversity of the continent's ophthalmology community. Ensuring representation from different countries, genders, and subspecialties fosters a more inclusive environment.

4. Engaging Young Ophthalmologists

The audience—young ophthalmologists—may have specific expectations and learning preferences depending on their time of education and specialty training. Besides traditional lecture formats, hands-on workshops, case discussions or digital simulations will hopefully ensure an interesting mix of sessions. Leveraging innovative teaching methods and incorporating digital tools can enhance engagement and learning outcomes.

5. Marketing and Outreach

Young professionals may not be aware of the event or may be hesitant to attend due to work commitments or financial constraints. Crafting an appealing message and demonstrating the congress's value is essential to inspire YOs to participate. Ensuring high attendance requires social media engagement, email outreach and of course collaborations with ophthalmology societies such as SOE.

6. Post-Congress Impact and Sustainability

Beyond the event itself, ensuring a lasting impact is of high value. Providing follow-up resources, maintaining networking opportunities, and creating a platform for ongoing collaboration can enhance the value of the congress. Sustainable planning, such as reducing waste and promoting digital materials is also an important consideration.

Organizing a congress for YOs in Europe presents numerous tasks, from securing and selecting an appropriate venue to engaging participants and ensuring compliance with regulatory standards. However, with careful planning, partnerships and innovative approaches, these challenges can be overcome with a team to create a valuable and enriching experience for the next generation of ophthalmologists. By fostering collaboration, education, and networking, the EMYO plays a crucial role in shaping the future of future eye care across Europe. I am more than excited about the upcoming months and can't wait to share more about our journey!



The Myopia Boom

Dr. Leila Sara Eppenberger,

MD, MSc ETH, FEBO, FMH Clinician Scientist
Singapore Eye Research Institute &
Inselspital Bern, Singapore & Switzerland

The famous photo of Chinese students published in *Nature* ten years ago, still highlights the escalating prevalence of myopia. This is particularly true in urban populations of East Asia, where myopia has been highly prevalent for several decades. In Asia, academic achievement-oriented behaviour often results in limited time spent outdoors from an early age, contributing to the increasing incidence of myopia that cannot be explained by genetics alone.

Source: *Nature* 2015

However, with the digital age, myopia-promoting behavioural changes are also increasingly occurring in European regions. Recent research suggests that myopia is now also increasing in other regions of the world and in non-Asian ethnic groups.

During my fellowship in Singapore, I gained further insight into contributing factors. I see my Singaporean colleagues in their efforts to educate their patients and their families about "healthy eye habits," advocating for two hours of outdoor activity per day and adherence to the 20-20-20 rule (that is, for every 20 minutes of near work, have a break and gaze into the distance (20 feet away) for at least 20 seconds).



My interest in myopia was sparked a while back, when one of my seniors introduced the topic during a residency seminar discussing "The Myopia Boom" and the ATOM-2 study. Even then, I was struck by the epidemiological projections that one in two people worldwide will be myopic by 2050, raising urgent public health concerns if these estimates hold true. Especially because of the potentially irreversible and sight-threatening complications of myopia later in life.

In September 2024, I had the opportunity to attend the 19th International Myopia Conference (IMC) in Hainan, China, where I presented my research on advanced imaging technology for myopia. Here, I would like to summarise some of the key points that underline why we in Europe cannot afford to overlook the impending myopia epidemic.

Epidemiology

Most data on myopia prevalence and incidence are from East Asian regions, and data from other regions are still scarce. Recent analyses confirm the global projections of Holden et al. (2016), which indicate a worrying increase in myopia cases. Urbanised regions experiencing rapid economic growth have been at the forefront of this trend, with cities such as Taipei, Singapore, and Tokyo reporting myopia prevalence rates as high as 80% among high school students already three decades ago. At the IMC, Dr. Tim Fricke presented recent projections suggesting an underestimation of myopia rates, particularly in Africa, where rapid increases are expected. In non-East Asian regions, including Europe, data to support these projections remain limited, especially when relying solely on cycloplegic refractive data.

In Europe, approximately 30% of the population is myopic, significantly less than in Asia. However, these statistics, which have important implications for public health policy, do not reflect the trends in younger generations, where an increase in the prevalence of myopia has been observed.

More recently, the digital age has added another factor to the development of myopia, especially as children spend more time in front of screens than outdoors. In many regions, including Europe, the education system is increasingly moving towards digital schooling methods. And the COVID-19 pandemic has fuelled this trend of behavioural change. Preliminary reports suggest an earlier onset of myopia among children.

Impact and importance

Beyond clinical relevance, the burden of myopia on public health and socio-economic structures cannot be unnoticed.

If projections hold true, it could mean that in a European population of over 700 million, there could be 350 million myopic individuals, 70 million of whom will have high myopia.

According to Prof. Serge Resnikoff's presentation at the IMC in Hainan, there are three main aspects to the significance of myopia:

1. Global prevalence

One of the most widely recognised aspects of myopia, according to the World Health Organization (WHO) and the International Agency for the Prevention of Blindness (IAPB), is the fact that it is leading cause of uncorrected refractive error worldwide. *Fewer than one-third of people with myopia receive optical correction.*

2. Development of complications

The risk of retinal detachment is already ten times higher in moderate myopia (-3.0 to -5.0 diopters) than in emmetropia. Cataract, glaucoma, pathologic myopia with myopic maculopathy and/or myopic choroidal neovascularisation increase almost exponentially with increasing myopia. All this makes myopia a leading cause of irreversible visual impairment and blindness –*the number one cause in Asia and one of the top five causes here in Europe.* (In Singapore, I regularly see myopic patients in their forties with cataracts at the general eye clinic.)

3. Loss of productivity and costs

The third dimension is the loss of productivity associated with myopia. This is caused not only by uncorrected myopia, but more importantly by irreversible complications that occur during working adulthood. The cost of this loss of productivity is estimated at USD 250 billion per year. *Rising treatment costs, particularly for high and pathologic myopia, are placing an increasing burden on healthcare systems worldwide.* Myopic macular degeneration alone is responsible for the blindness of 3.3 million people worldwide. This is without taking the loss of quality of life into account.

In our recent publication, “[Key strategies to reduce the global burden of myopia: consensus from the international myopia summit](#)”, we address the need to change and complement the established approaches to reducing the burden of myopia. In particular, the recognition that myopia is not simply a refractive error that can be corrected with glasses or a refractive surgery, but that it is, in some cases, a progressive and irreversible disease, is central.

Lilly Khamsy - Mini-Exchange: A New Way to Connect and Learn

In March 2023, during a trip to visit my sister in Belgrade, Serbia, I had the opportunity to reconnect with a colleague, Jelena Potic, who works at the Belgrade Eye Clinic. What started as a casual meet-up turned into an enriching professional experience. Jelena gave me a tour of her clinic, allowed me to observe a few patient consultations, and even took me visit to the operating room while she discussed a case with her boss.



This spontaneous and valuable exchange inspired a new concept of the traditional YO SOE "mini-exchange."

The New "Mini-exchange" concept is designed to facilitate professional visits between colleagues who are already traveling for personal or professional reasons. Whether attending a congress or visiting a new city, ophthalmologists can take advantage of the opportunity to meet peers, visit clinics, and exchange insights—all in an informal and easy way.

To foster these exchanges, we will set up an interactive platform where interested participants can connect. More details will be shared at SOE 2025 in our YO Lounge.

We look forward to developing the "Mini-exchange" within our YO SOE community!



From Cairo to San Francisco: The 4-year-long Flight.

My name is **Passant Abdelrahman**, and I am very proud to say that I am a young ophthalmologist (YO) living and practicing in Egypt, it is close to impossible to list the myriads of benefits received being involved with the American Academy of Ophthalmology (AAO), the American College of Surgeons (ACS), the Middle East Africa Council of Ophthalmology (MEACO) YO division, and the Association of Women Surgeons (AWS). I am happy to share the highlights of this 4-year eye opening journey! From a small Giza district born to a middle class family with education as top priority, to eventually receiving a tailored ACS Leadership travel award and chairing AAO sessions in different countries.

Joining AAO by the end of 2020, and thanks to the pandemic, I attended AAO 2020 virtually. It was mind-blowing to watch renowned figures discuss ground-breaking findings from the comfort of my home. Shortly, I was the first Egyptian resident to take the Ophthalmic Knowledge Assessment Program International (OKAP I) exam in its first online individual format. My knowledge was assessed, and in comparison to the US residents' through a detailed report. In February 2024, I flew to Abu Dhabi for the Emirates Society of Ophthalmology (ESO) 2024 meeting as AAO Retina session faculty chair and speaker. Being my first, it was an exciting opportunity building the session from scratch with Dr Manju Subramanian, MD FACS, who was guiding in every way. I also chaired an AAO YO workshop. In April, I am luckily chair on the AAO Retina Symposium of the Asia Pacific Academy of Ophthalmology (APAO) 2025 Congress, with a 10,000+ expected attendance.

I joined ACS in 2022. I represent the Resident and Associate Society (RAS), a place I lovingly call home, on the Egypt Chapter. In 2023, I was appointed as the RAS Liaison to the Advisory Council for Ophthalmic Surgery, one of the 14 ACS Advisory Councils representing the different surgical specialties, working with the Board of Governors. I am involved with the Global Surgery (GS) and Membership workgroups. At the GS workgroup, we discuss emerging GS issues such as access to training and visas.

Egypt is represented on the SOE YO committee by the energetic dynamo Dr. Mohamed Ahmed El Massry, MD PhD. Thanks to SOE, webinars on sustainability, emergencies and more are available. Through societies, you network, receive CMEs, find mentors, apply for scholarships, and attend various meetings all year round. This year, I advocated for well-being through ACS. As a personal mission, I advocate for Postgraduate Student rights after my own Masters Degree of Ophthalmology experience, with its hardships and perks. It is essential to chime in, and to lift one another up when needed.



OFTALMO UNIVERSITY LAUNCHES A WORLD-CLASS SURGICAL TRAINING CENTER IN BARCELONA, SPAIN.

We are thrilled to announce the opening of our state-of-the-art ophthalmic surgical training center in Barcelona, in collaboration with IMO Clinic and the entire Miranza network, part of Veonet Group. This center stands as one of the most advanced training hubs in the world, offering

ophthalmologists the opportunity to master cataract, retina, cornea, and glaucoma surgery through an innovative and structured training model.

A UNIQUE TRAINING ENVIRONMENT WITH CUTTING-EDGE TECHNOLOGY

At Oftalmo University, we believe that surgical excellence is built on the convergence of technology, mentorship, and active learning methodologies.

Our Barcelona center integrates:

- Eyesi® Virtual Simulators by Haag-Streit Simulation – The most advanced VR surgical training systems with the latest software upgrades.
- 3D-Printed Synthetic Eyes by Bioniko Models® – Providing hyper-realistic hands-on practice in an operating room setting with the best technology (microscopes, phaco and retina machines, instruments and consumables).
- World-Class Mentors – Some of the most experienced and recognized surgeons in the field.
- Active Learning, Andragogy & Simulation – The most effective methodologies (Wormhole Methodology®) to accelerate skill acquisition and ensure long-term retention.

With these elements combined, ophthalmologists across Europe now have an unparalleled opportunity to train in a world-class program designed to elevate their surgical expertise.

A THREE-PHASE COMPREHENSIVE TRAINING MODEL

This program is structured into three dynamic phases, ensuring a seamless transition from theory to hands-on practice and real-world surgical experience:

Online Phase – A highly engaging and interactive course that builds strong theoretical and practical foundations.

Hands-On Simulation Phase – Intensive training in a high-tech operating room, utilizing VR simulators, 3D-printed artificial eyes, and the latest surgical technology.

Live Surgical Phase – Real surgical experience on patients under expert supervision, conducted in strategic partner centers across Egypt, Bangladesh, India, Argentina, and Mexico.

A NEW ERA FOR ASPIRING CATARACT AND RETINA SURGEONS

We are incredibly excited to offer young, committed ophthalmologists a unique opportunity to become outstanding cataract and retina surgeons in a more efficient and accelerated way than ever before.

Our Barcelona training center operates year-round and provides a fully customized and highly personalized learning experience. Each trainee receives continuous mentorship and is guided step by step until they demonstrate true surgical improvement, ensuring they leave the program ready to excel in the operating room.

This is the future of surgical training, and we are just getting started.

For more information on our Barcelona Training Center, visit: <https://www.phacomentors.com/phaco-courses/>

