

Noemi Lois: recent advances on diabetic retinopathy

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Introduction

Noemi Lois (*Figure 1*) currently serves as a clinical professor in School of Medicine, Dentistry and Biomedical Sciences in Queen's University in UK. Dr. Lois leads a program of preclinical and clinical research into diabetic retinopathy and its complications (diabetic macular oedema and proliferative diabetic retinopathy). Prof. Lois has published over 100 articles in peer review journals, 13 book chapters and is the editor of 3 textbooks, one on its second edition.

ES: *What do you think of this symposium?*

Dr. Lois: I really enjoy this symposium. I think it is informative. I also enjoy the lectures presented by the experts. I learnt a lot from it.

ES: *Could you brief us the status quo of the diabetic retinopathy?*

Dr. Lois: For many years, many researches have invested plenty of time to figure out why the disease occurs, why some patients are more severe than others. Despite of these researches, we still don't fully understand why this happens. Therefore, more researches are required to be conducted to help us understand better about the diabetic retinopathy. I think we still have a lot of things to do.

ES: *Could you share with us the recent research advances in diabetic retinopathy?*

Dr. Lois: Sure. First of all, the diabetic retinopathy screening program is running more successful in many countries now. With the help of it, we are able to identify the disease earlier. Secondly, more treatments are available for the patients. We could try to identify the kinds of therapies that an individual might respond better. Also, there is a progress in the understanding about the cause of the disease.



Figure 1 Dr. Noemi Lois.

ES: *How to prevent diabetic retinopathy complication in your opinion?*

Dr. Lois: Prevention is one of the major things. We should find a less costly treatment without major risks for the patients, which is also hopefully effective to those people who are in higher risk in blindness. We should also do more studies on prevention of the development of complication in patients.

ES: *What is your opinion about treatment of diabetic retinopathy?*

Dr. Lois: Now, we have better treatment than we used to have. However, even with the treatment that could be offered, only about 50–60% of patients have improvement in their conditions. We still need to do a lot of work to find a better, more friendly treatment.

ES: *Why did you choose to be an ophthalmologist?*

Dr. Lois: Well, I became interested in ophthalmology quite early on. It can be traced back to the time when I began to study medicine. I thought it was very attractive. I always liked surgery and the medical aspects of ophthalmology.



Figure 2 Noemi Lois: recent advances on diabetic retinopathy (1). Available online: <http://www.asvide.com/articles/1157>

I think the medical aspects of ophthalmology is a very challenging field, which I am now still working on. Ophthalmology allows me to do surgery and to conduct researches on medical aspects of ophthalmology.

For more details about this interview, readers can refer to the following video (*Figure 2*).

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Footnote

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