

Kaleb Abbott, OD, MS, FAAO, FOWNS
Assistant Professor
Department of Ophthalmology
University of Colorado School of Medicine
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Current Academic Appointments

Assistant Professor of Ophthalmology, University of Colorado School of Medicine

Faculty in the Department of Ophthalmology and the University of Colorado School of Medicine. Work in the dry eye clinic doing comprehensive dry eye evaluations and managing ocular surface disease. Role also includes attending medical students, medical interns, and ophthalmology residents. Conduct research centered on dry eye disease and ocular surface disease and participate in various clinical trials. Focuses include ocular pain, pain perception, neuropathic pain, neurotrophic keratitis, ocular surface disease, blepharitis, demodicosis, meibomian gland dysfunction, graft versus host disease, ocular cicatricial pemphigoid, Sjogren's Syndrome, and thyroid eye disease.

Faculty, Dry Eye Clinic, Sue Anschutz-Rogers Eye Center

Faculty, Center for Ocular Inflammation, Sue Anschutz-Rogers Eye Center

Current Research

The Meibomian Gland Composite Score (MGCS): A Novel Grading System Integrating Existing Scales for Meibomian Gland Dysfunction

Developing a new, consolidated grading scale for meibomian gland dysfunction by integrating existing systems. The scale will be supported with videos and images illustrating meibum quality scores to aid both clinicians and researchers.

Topical glaucoma medication and dry eye: a systematic review

Systematic review investigating the effect of glaucoma medication on dry eye signs and symptoms.

Tele-screening for increasing accessibility to care for diabetic retinal disease in the United States

Member of a Cochrane Eyes and Vision team conducting a systematic review to assess the tele-screening patients with diabetes for diabetic retinopathy.

Safety Review of Topical Vitamin-A Used Ocularly and Peri-orbitally: a systematic review protocol

Conducting a systematic review to assess the safety of topical vitamin A derivatives used both ocularly and peri-ocularly, especially pertaining to meibomian gland integrity and function.

Colorado Health Network Expansion of Healthy Aging Programs for Older People Living with HIV: Cultural Adaptation & Enhancing Aging Services Vision Screening and Linkage to Care Program

Pilot program working to develop pathways of care for vision related services in the aging population in Colorado.

Botulinum Toxin for the Treatment of Eyelid Associated Ocular Surface Disease

Methods paper proposing Botulinum Toxin injections as a treatment in a subset of friction related dry eye patients.

Current Clinical Trials

A Randomized, Double-masked, Vehicle-controlled, Phase 3 Study to Evaluate the Efficacy and Safety of Pimecrolimus 0.3% Ophthalmic Ointment (MR-139), in Subjects with Blepharitis

Principal investigator. PCLS-OMZ-300.

Trial to Evaluate Safety and Efficacy of KPI-012 Ophthalmic Solution in Participates with PCED. (CHASE).
Sub-investigator. Study protocol NCT05727878. KPI-012-C-001.

Academic Institutions

University of Houston College of Optometry, Houston, Texas

Doctor of Optometry
August 2014 - May 2018
GPA: 3.62 (cum laude)

University of Houston College of Optometry, Houston, Texas

Master of Science in Physiological Optics and Vision Science
May 2015 - May 2018
GPA: 3.93 (magna cum laude)

Texas A&M University, College Station, Texas

Bachelor of Science in Nutritional Sciences
August 2010 - May 2014
GPA: 3.60 (cum laude)

Past Clinical Trials

A multicenter, observational study to evaluate corneal neurosensory abnormalities in patients with Sjögren's dry eye (GEMINAE).
Principal investigator. Study protocol DOP0013/DEV0123.

Demodex Blepharitis Longitudinal Real-World Patient Journey Study
Principal investigator. Study protocol 165-701.

Study to Evaluate the Safety and Efficacy of CSB-001 Ophthalmic Solution 0.1% in Stage 2 and Stage 3 Neurotrophic Keratitis Subjects by Claris Biotherapeutics Inc
Sub-investigator. Study protocol NCT04909450. CSB-C20-003.

Tivanisiran for Dry Eye in Subjects with Sjogren's Syndrome by Sylentis Inc.
Sub-investigator. Protocol SYL1001_V. IND #130383.

Peer-Reviewed Publications

Galor A*, **Abbott K***, Henderson B, Pflugfelder S, White D, Gupta P, Periman L, Stefater JA, Stryjewski TP, Ifantides C, Karpecki P. Chronic ocular surface pain: An optometrist and ophthalmologist survey. *Ophthalmology and Therapy*. (In Press)
*Co-first authors.

Le C*, **Abbott K***, Scott R, Arguinchona L, Nix C, Murri M, Gregory DG. A novel case of Biktarvy-associated Stevens-Johnson syndrome with severe ocular involvement. *Cornea Open*. 2025. (In Press)
*Co-first authors.

Abbott, K.S., Gregory, D.G. & Liu, SH. Cochrane corner: lubricating drops for contact lens discomfort in adults. *Eye* (2025).
<https://doi.org/10.1038/s41433-025-03867-2>.

Akano, Obinna F, Brianne Hobbs, **Kaleb Abbott**, Camille Cohen, Jonathon Ross, Zanna Kruoch, Tsz Wing Yim, et al. 2025. "Current Practices and Future Prospects of Telemedicine in Diabetic Retinopathy Screening: A Protocol for a Scoping Review." OSF. May 14.
doi:10.17605/OSF.IO/TXYFE.

Auer, Emily, Kyrstin Marx, Joelle Kaufman, Brittany Wright, Jennifer Patnaik, and **Kaleb Abbott**. "Exploring gender differences in professional well-being among US optometrists." *Optometry and Vision Science* (2022): 10-1097.

Abbott, K. S., Pham, P. Nasolacrimal Lavage as a Treatment for Ocular Surface Toxic Soup Syndrome. *J. Vis. Exp.* (218), e68276, doi:10.3791/68276 (2025).

Kaleb Abbott, OD, MS; Emily Auer, MPH; Neda Gioia, OD; Karen DeLoss, OD; Leonard Seibold, MD; Jennifer Patnaik, PhD, MHS. Insights into Burnout Among Optometrists in the United States: Findings from a Nationwide Survey. *Journal of Optometry*. Volume 18, Issue 2. 2025. 100552. ISSN 1888-4296. <https://doi.org/10.1016/j.optom.2025.100552>.

Ta, H., McCann, P., Xiao, M. Lien T, **Abbott K**, Gregory D, Quershi R, Li T. Dry eye post-cataract surgery: a systematic review and meta-analysis. *BMC Ophthalmol* 25, 18 (2025). <https://doi.org/10.1186/s12886-024-03841-8>

Abbott, Kaleb S., Alan G. Palestine, Scott G. Hauswirth, Darren G. Gregory, Jennifer L. Patnaik, and Amit K. Reddy. "Treatment of ocular surface disease in ocular cicatricial pemphigoid." *Ocular Immunology and Inflammation* 32, no. 10 (2024): 2479-2485.

Abbott, K., Pucker, A., Orgill, M., Tichenor, A., Kruoch, Z., & Qureshi, R. (2024, March 25). The safety of topically applied vitamin A ocularly and periorbitally: A systematic review protocol. Open-Source Framework. osf.io/saq7n.

Abbott K, Engle M, McCourt E. Neurotrophic Ulcer Secondary to a Hypoplastic Trigeminal Nerve in a 3-Year-Old. *Clinical Insights in Eyecare*. 2024.

Liu SH, Shaughnessy D, Leslie L, **Abbott K**, Abraham AG, McCann P, Saldanha IJ, Qureshi R, Li T. Social determinants of dry eye in the United States: A systematic review. *American Journal of Ophthalmology*. 2024.

Abbott K, Pelak V. Topiramate Associated Bilateral Monocular Diplopia, Palinopsia, and Photopsia. *Clinical Insights in Eyecare*. Vol. 1, Issue 2, 2023. October 30, 2023.

Abbott K, Hanson K, Lally J. Prevalence of Dry Eye in the Low Vision Population at the University of Colorado. *Journal of Optometry*. Volume 17, Issue 2, April–June 2024, 100501.

Ostrin LA, **Abbott KS**, Queener HM. Attenuation of short wavelengths alters sleep and the ipRGC pupil response. *Ophthalmic Physiol Opt*. 2017;37(4):440-450.

Abbott KS, Ostrin LA, Queener HM. The ipRGC Pupil Response with Light Exposure, Refractive Error, and Sleep. *Ophthalmic Physiol Opt*. 2017.

Invited Presentations

Abbott K. 2025. Sleep Tight Sleep Right: How Sleep Impacts Ocular Health. New York State Optometric Association. (Virtual presentation)

Abbott K. 2025. Burnout in Optometry: Survey Says...Young OD Connect. Modern Optometry. (Virtual presentation)

Abbott K. 2025. Navigating Ocular Rosacea: *From Historical Perspectives to Modern Management Strategies*. Colorado Vision Summit 2025. Colorado Optometric Association. (Oral presentation)

Abbott K. 2025. Navigating Effects of Glaucoma Treatment on the Ocular Surface. Colorado Vision Summit 2025. Colorado Optometric Association. (Oral presentation)

Krishnan A., Lew D., Tomiyama E., Tse V., Roberts T., **Abbott K.**, Assaad J., Ritchey E., Godoy R. Career Paths for Clinicians Interested in Research. T35 Joint Session: University of Houston College of Optometry and University of California Berkley School of Optometry. 2025. (Virtual presentation)

Abbott K. 2025. Neural Dysfunction in Dry Eye: Understanding Why Some Feel Pain and Others Don't. University of Houston College of Optometry Summer Webinar Series. (Virtual presentation)

Abbott K. 2025. Ocular Rosacea: Roses Are Red, Violets Are Blue, Skin Can Be Red, But Eyes Can Too! Maine Optometric Association. Kick off The Summer CE 2025. (Oral presentation)

Abbott K. 2025. How Dry Eye Dampens Spirits: Exploring the Link Between Dry Eye and Mental Health. Maine Optometric Association. Kick off The Summer CE 2025. (Oral presentation)

Abbott K. 2025. Comfort through Chaos: Navigating the Dry Eye Dilemma in Glaucoma Management. Maine Optometric Association. Kick off The Summer CE 2025. (Oral presentation)

Abbott K. 2025. Dreams of Better Vision: How Sleep Impacts Ocular Health and Systemic Function. Maine Optometric Association. Kick off The Summer CE 2025. (Oral presentation)

Abbott K. 2025. Exploring Corneal Nerve Dysfunction in Dry Eye Disease: Insights into Neuropathic Pain and Neurotrophic Keratitis. Maine Optometric Association. Kick off The Summer CE 2025. (Oral presentation)

Abbott K. 2025. Comfort Through the Chaos: Navigating the Dry Eye Dilemma in Glaucoma Management. Arizona Optometric Association. 2025 Spring Congress. (Oral presentation)

Abbott K. 2025. Exploring Corneal Nerve Dysfunction in Dry Eye Disease: Insights into Neuropathic Pain and Neurotrophic Keratitis. Arizona Optometric Association. 2025 Spring Congress. (Oral presentation)

Abbott K. 2025. The Perplexing Discrepancy Between Dry Eye Signs and Symptoms. Pennsylvania Optometric Association 2025 Spring Congress. (Oral presentation)

Abbott K. 2025. Comfort Through the Chaos: Navigating the Dry Eye Dilemma in Glaucoma Management. Pennsylvania Optometric Association 2025 Spring Congress. (Oral presentation)

Abbott K. 2025. The Effect of Glaucoma Treatment on the Ocular Surface. Optometric Physicians of Washington. Kane Hall Post-Graduate Seminar. (Virtual presentation)

Abbott K. 2025. The Perplexing Discrepancy Between Dry Eye Signs and Symptoms. Optometric Physicians of Washington. Kane Hall Post-Graduate Seminar. (Virtual presentation)

Abbott K. 2025. Future Frontiers: Future Frontiers: Next Generation Treatments and Innovations in DED. Eyes on Dry Eye 2025. Eyes on Eyecare. (Virtual presentation with 3700 attendees)

Abbott K. 2025. Navigating Ocular Rosacea: From Historical Perspectives to Modern Management Strategies. North Dakota Optometric Association 2025 Annual Meeting. (Oral presentation)

Abbott K. 2025. Exploring Corneal Nerve Dysfunction in Dry Eye Disease: Insights into Neuropathic Pain and Neurotrophic Keratitis. North Dakota Optometric Association 2025 Annual Meeting. (Oral presentation)

Abbott K. 2025. The Effect of Glaucoma Treatment on the Ocular Surface. North Dakota Optometric Association 2025 Annual Meeting. (Oral presentation)

Abbott K. 2025. Exploring Corneal Nerve Dysfunction in Dry Eye Disease: Insights into Neuropathic Pain and Neurotrophic Keratitis. Minnesota Optometric Association 2025 Annual Meeting. (Oral presentation)

Abbott K. 2025. Comfort Through the Chaos: Navigating the Dry Eye Dilemma in Glaucoma Management. Minnesota Optometric Association 2025 Annual Meeting. (Oral presentation)

Abbott K. 2025. Ocular Rosacea: Roses are Red, Violets are Blue, Skin Can be Red, but Eyes Can Too. Minnesota Optometric Association 2025 Annual Meeting. (Oral presentation)

Abbott K. 2025. Comfort Through the Chaos: Navigating the Dry Eye Dilemma in Glaucoma Management. Texas Optometric Association. 125th TOA Summit. (Oral presentation)

Abbott K. 2025. Ocular Rosacea: Roses are Red, Violets are Blue, Skin Can be Red, but Eyes Can Too. Texas Optometric Association. 125th TOA Summit. (Oral presentation)

Abbott K. 2025. Dreams of Better Vision: How Sleep Impacts Ocular Health and Systemic Function. Texas Optometric Association. 125th TOA Summit. (Oral presentation)

Abbott K. 2025. Beyond the Surface: Corneal Nerves and the Complexity of Dry Eye Symptoms. Texas Optometric Association. 125th TOA Summit. (Oral presentation)

Abbott K. 2024. When Rosacea Meets Dry Eye: Strategies for Relief and Management of Ocular Rosacea. University of Houston College of Optometry. Winter Webinar. (Oral presentation)

Abbott K. 2024. Beyond the Surface: Corneal Nerves and the Complexity of Dry Eye Symptoms. University of Houston College of Optometry. Winter Webinar. (Oral presentation)

Abbott K. 2024. The Perplexing Discrepancy Between Dry Eye Signs and Symptoms: Examining the Role of Corneal Nerves. University of Houston College of Optometry. CE in Fort Worth. Fall Symposium. (Oral presentation)

Abbott K. 2024. Navigating Ocular Rosacea: From Historical Perspectives to Modern Management Strategies. University of Houston College of Optometry. CE in Fort Worth. Fall Symposium. (Oral presentation)

Abbott K. 2024. The Effect of Glaucoma Treatment on the Ocular Surface. University of Houston College of Optometry. CE in Fort Worth. Fall Symposium. (Oral presentation)

Abbott K. 2024. Beyond the Surface: Corneal Nerves and the Complexity of Dry Eye Symptoms. Denver Metro Optometric Society. Fall Lecture Series. (Oral presentation)

Abbott K. 2024. The Role of Corneal Nerves in Ocular Surface Disease Symposium. Online Optometry Learning Series. India, Malaysia, Vietnam, Philippines. (Virtual presentation)

Ritchey E, Nimri N, Ma D, **Abbott K**, Roberts T, Vyas S, Assaad J, Almagati R, Hastings G. Career Paths for Clinicians in Research T35 Joint Session: University of Houston College of Optometry and University of California Berkley School of Optometry. 2024. (Virtual presentation)

Abbott K. 2024. Dry Eye Fireside Chat. Eyewear Artwalk Festival. Denver. (Panelist member)

Abbott K. 2024. The Dry Eye Dilemma in Glaucoma Management. Ocular Surface Disease Symposium. Indiana University School of Optometry. (Oral presentation)

Abbott K. 2024. The Perplexing Discrepancy between Dry Eye Signs and Symptoms: *Examining the Role of Corneal Nerves*. Ocular Surface Disease Symposium. Indiana University School of Optometry. (Oral presentation)

Abbott K. 2024. Why Aren't Dry Eye Signs and Symptoms Correlated? *A closer look at the corneal nerves*. Ocular Surface Disease and Dry Eye Elective course. Indiana University School of Optometry. (Recorded oral presentation)

Abbott K. 2024. Why did my glaucoma patient get dry eye? Ocular Surface Disease and Dry Eye Elective course. Indiana University School of Optometry. (Recorded oral presentation)

Abbott K. 2024. Sleep Tight, See Right: How Sleep Impacts Ocular Health. Ocular Wellness and Nutrition Society. (Webinar)

Abbott K. 2023. The Role of Sleep in Ocular Surface Disease. American Academy of Optometry. (Oral presentation)

Abbott K. 2023. The Prevalence of Dry Eye Disease Amongst the Low Vision Population. Vision2023. Keynote speaker. (Oral presentation)

Presentations

Abbott K. 2025. It's not "pink eye", Karen! *Welcome to Ocular Rosacea*. Medical Staff Education. UCHealth. 2nd annual Technician Symposium. (Oral presentation)

Abbott K. 2025. What have a dry eye clinic? Medical Staff Education. UCHealth. (Oral presentation)

Abbott K. 2025. Advocacy Roundtable: Concern for Burnout Among U.S. Based Optometrists. AOA Board of Trustees. Optometry's Meeting / 5th World Congress of Optometry. American Optometry Association. (Oral presentation)

Abbott K. 2025. How Dry Eye Dampens Spirits: Exploring the Link Between Dry Eye and Mental Health. Optometry's Meeting / 5th World Congress of Optometry. American Optometry Association. (Oral presentation)

Abbott K. Tucker, A. 2025. Is Dry Eye A Concern During Myopia Control? Optometry's Meeting / 5th World Congress of Optometry. American Optometry Association. (Oral presentation)

Abbott K. 2025. Differentiating 'Dry Eye' from Trigeminal Nerve Pathologies: Insights into Disparities between Signs and Symptoms. Optometric Education Consultants. Webinar Series. (Virtual presentation)

Abbott K. 2025. Beyond the Surface: Corneal nerves and the complexity of dry eye symptoms. Ophthalmology Resident Cornea Series. University of Colorado School of Medicine. (Oral presentation)

Abbott K. 2024. Ocular Rosacea: Roses Are Red, Violets Are Blue, Skin Can Be Red, But Eyes Can Too! American Academy of Optometry. (Oral presentation)

Abbott K. Tichenor A. Cheung H. 2024. Advanced Strategies in Ocular Surface Disease Management: Harnessing the Power of Intense Pulsed Light Therapy. Workshop. American Academy of Optometry. (Oral presentation and workshop)

Abbott K. 2024. The Ocular Surface Dilemma in Glaucoma Management. University of Colorado Department of Ophthalmology 28th Annual Symposium. Glaucoma section. (Oral presentation)

Abbott K. 2024. The Impact of Sleep on Ocular Health. Corporate Optometry Virtual Continuing Education. (Virtual presentation)

Abbott K. 2024. Nasolacrimal Lavage Workshop. American Optometric Association. Optometry's Meeting. (Oral presentation + workshop)

Abbott K. 2024. You've Got Some Nerve! *Understanding the Role of Corneal Nerves in Ocular Surface Disease*. American Optometric Association. Optometry's Meeting. (Oral presentation)

Abbott K. 2024. What is “dry eye”? UHealth medical staff education. Technician education. (Oral presentation)

Abbott K. 2024. The Prevalence and Impact of Dry Eye in the Low Vision Population. Envision Conference East. Drexel University. (Oral presentation)

Abbott K. 2024. The Dry Eye Dilemma in Glaucoma Management. Southern Colorado Optometric Society. Spring Symposium. (Oral presentation)

Abbott K. 2024. What the heck is the dry eye clinic? UHealth medical staff education. Call center education. (Oral presentation)

Abbott K. 2023. “Hey Doc, why do my eyes hurt (or don’t hurt)?”. University of Colorado Department of Ophthalmology 27th Annual Symposium. Cornea section. (Oral presentation)

Abbott K. 2023. Community Eye Healthcare. Ophthalmic Academy Chapter 21. UHealth Ophthalmic Academy. (Oral presentation)

Abbott K. 2022. Community Eye Healthcare. Ophthalmic Academy Chapter 21. UHealth Ophthalmic Academy. (Oral presentation)

Abbott K. 2018. Neurotrophic Keratitis Diagnosis and Management. Cornea and Contact Lens Clinic. University of Houston College of Optometry. (Oral presentation)

Abbott K. 2018. Serous Retinal Detachment secondary to Central Serous Chorioretinopathy. Grand Rounds. University of Houston College of Optometry. (Oral presentation)

Abbott K. 2017. The Mysterious Third Photoreceptor and its Profound Implications. Bellaire Family Eye Care Staff Meeting. (Oral presentation)

Abbott K. 2016. Relationship between Intrinsically Photosensitive Retinal Ganglion Cells and Refractive Error, Light Exposure, and Melatonin. The American Academy of Optometry 2016 (Oral Presentation) ***won best student presentation (750 submissions) at AAO in 2016**

Abstracts

Kaleb Abbott, OD, MS. Off-Label Use of Testosterone Cream for Recalcitrant Meibomian Gland Dysfunction. American Optometric Association. 2025 Optometry's Meeting | 5th World Congress of Optometry. (Poster)

Kaleb Abbott, OD, MS; Emily Auer, MPH; Neda Gioia, OD; Karen DeLoss, OD; Leonard Seibold, MD; Jennifer Patnaik, PhD, MHS. Insights into Burnout Among Optometrists in the United States: Findings from a Nationwide Survey. American Optometric Association. 2025 Optometry's Meeting | 5th World Congress of Optometry. (Virtual poster)

Emily Auer MPH; Kyrstin Marx BS, Joelle Kaufman BS, Brittany Wright OD MS; Jennifer Patnaik PhD MHS; **Kaleb Abbott OD MS.** Exploring Gender Differences in Professional Well-Being Among U.S. Optometrists. American Optometric Association. 2025 Optometry's Meeting | 5th World Congress of Optometry. (Virtual poster)

Kaleb Abbott, OD, MS, FAAO, FOWNS; Tiffany Lien, MD; Riaz Qureshi, MSc, PhD; Su-Hsun Liu, MD, MPH, PhD; Tianjing Li, MD, MHS, PhD. 2025. Topical glaucoma medications and dry eye: a systematic review. The Association for Research in Vision and Ophthalmology Conference. (Poster)

Joshua Dusek, Brooke Anderson, Erica Olsen, Tiffany Terry, Matt Orgill, Andrew Pucker, Anna A Tichenor, Zanna Kruoch, Riaz Qureshi, **Kaleb Abbott.** 2025. Ocular and Periorbital Harms of Topical Vitamin A Products: A Meta-Analysis. The Association for Research in Vision and Ophthalmology Conference. (Poster)

Abbott K. 2024. Intranasal Varenicline as a Treatment for Neuropathic Ocular Pain Associated with Trigeminal Neuralgia. American Academy of Optometry. (Poster)

Joshi V., Shaughnessy D., Dellavalle N., Leslie LL., **Abbott K.**, et al. Ocular Neoplasia: Social determinants of eye health in the United States: a suite of systematic reviews. Public Health of the Rockies. (Poster)

Abbott K. 2024. Treatment of ocular surface disease in ocular cicatricial pemphigoid. The Association for Research in Vision and Ophthalmology Conference. (Poster)

Leslie L., Shaughnessy D., Dellavalle N., **Abbott K.**, et al. Social determinants of eye health in the United States: a suite of systematic reviews. The Association for Research in Vision and Ophthalmology Conference. (Poster)

Abbott K. 2023. Resolution of Bilateral Monocular Diplopia, Palinopsia, and Photopsia after Discontinuing Topiramate. American Academy of Optometry. (Poster)

Abbott K. 2022. Focal Scleromalacia and Avascular Necrosis Secondary to Mitomycin-C Use During Ahmed Valve Implantation 8 Years Prior. American Academy of Optometry. (Poster)

Abbott K. 2017. Modulating input to ipRGCs to Improve Sleep and Circadian Rhythms. University of Houston College of Optometry Annual Research Showcase. (Poster)

Ostrin LA, **Abbott KS**, Queener HM. 2016. The ipRGC Pupil Response with Light Exposure, Refractive Error and Sleep. The Association for Research in Vision and Ophthalmology Conference. (Poster)

Abbott K. 2016. Relationship between Intrinsically Photosensitive Retinal Ganglion Cells and Refractive Error, Light Exposure, and Melatonin. University of Houston College of Optometry Annual Research Showcase. (Poster)

Invited Podcasts

Abbott K., Glover D, Lyerly J. Defocus Media Optometry Podcast: The Truth About Burnout in Optometry: Data, Drivers, and Solutions. June 2025.

Abbott K., Pucker A. Varenicline as a potential therapy for neuropathic ocular pain associated with trigeminal neuralgia. American Academy of Optometry Foundation. March 2025.

Abbott K., Pucker A. Treatment of Ocular Surface Disease in Ocular Cicatricial Pemphigoid. Clinical Podcast Series. American Academy of Optometry Foundation. March 2025.

Abbott K., Quint J, Garlich J. Learn How Vitamin A Supports the Ocular Surface. To The Point: An Ocular Surface Disease Podcast. Bryn Marr Communications. March 2025.

Abbott K., Sampalis M. Exploring Corneal Nociceptors and TRP Ion Channels for Dry Eye Pain. Reframing Eye Care. February 2025.

Abbott K., Brujic M. A Discussion on Neuropathic Ocular Pain and Dry Eye. Optometric Insights Podcast. November 2024.

Abbott K., Brujic M. A novel multi-ingredient supplement significantly improves ocular symptom severity and tear production in patients with dry eye disease: results from a randomized, placebo-controlled clinical trial. Clinical Podcast Series. American Academy of Optometry Foundation. October 2024.

Abbott K., Sampalis M. Diagnosing and Treating Neuropathic Pain with Dr. Kaleb Abbott. Reframing Eye Care. July 2024.

Abbott K., Brujic M. Impact of glaucoma medications on the ocular surface and how ocular surface disease can influence glaucoma treatment. Clinical Podcast Series. American Academy of Optometry Foundation. October 2023.

Abbott K., Pucker A. Outcomes of Scleral Lenses for Dry Eye Disease in Chronic Graft-Versus-Host-Disease. Clinical Podcast Series. American Academy of Optometry Foundation. April 2023.

Abbott K., Pucker A. Age-Related Changes in Corneal Sensitivity. Clinical Podcast Series. American Academy of Optometry Foundation. March 2023.

Abbott K., Pucker A. Bright Ideas Pitch Competition: SunSnap Kids. Clinical Podcast Series. American Academy of Optometry Foundation. February 2023.

Abbott K., Glover D, Lyerly J. Defocus Media. February 2020. Optometry Podcast: SunSnap Kids Sunglasses with Dr. Kaleb Abbott.

Abbott K., Sheets S. Sara Sheets Podcast for Social Leads Strategy Pro. January 2020. Interview with Dr. Kaleb Abbott, founder of SunSnap Kids.

Hosted Podcasts

Hornick L, **Abbott K.** Caffeine's protective role in dry eye disease and meibomian gland dysfunction: insights from clinical and experimental models. Clinical Podcast Series. Dry Eye and Ocular Surface Disease. American Academy of Optometry Foundation. June 2025.

Hornick L, **Abbott K.** Efficacy and safety of AZR-MD-001 selenium sulfide ophthalmic ointment in adults with meibomian gland dysfunction over six months of treatment: A Phase 2, vehicle-controlled, randomized extension trial. Clinical Podcast Series. Dry Eye and Ocular Surface Disease. American Academy of Optometry Foundation. May 2025.

Lappin C, **Abbott K.** Low-Level Light Therapy Versus Intense Pulsed Light for the Treatment of Meibomian Gland Dysfunction. Clinical Podcast Series. Dry Eye and Ocular Surface Disease. American Academy of Optometry Foundation. February 2025.

Lappin C, **Abbott K.** Is Meibomian Gland Dysfunction One Disease? Clinical Podcast Series. Dry Eye and Ocular Surface Disease. American Academy of Optometry Foundation. February 2025.

Sicks L, **Abbott K**. Body mass index, diet, and outdoor activity linked with meibomian gland abnormalities in children. Clinical Podcast Series. Dry Eye and Ocular Surface Disease. American Academy of Optometry Foundation. February 2025.

Ritchey E, **Abbott K**. Effect of low-level light therapy in individuals with dry eye disease. Clinical Podcast Series. Dry Eye and Ocular Surface Disease. American Academy of Optometry Foundation. February 2025.

Ioussifova M, **Abbott K**. Culture- and non-culture-based approaches reveal unique features of the ocular microbiome in dry eye patients. Clinical Podcast Series. Dry Eye and Ocular Surface Disease. American Academy of Optometry Foundation. November 2024.

Ioussifova M, **Abbott K**. Impact of Dietary Nutrients on the Prevalence of Dry Eye Syndrome among Korean Women Aged 40 and above: Evidence from the Korea National Health and Nutrition Examination Survey. Clinical Podcast Series. Dry Eye and Ocular Surface Disease. American Academy of Optometry Foundation. October 2024.

Maiti S, **Abbott K**. Characteristics of bacterial community in eyelashes of patients with *Demodex* blepharitis. Clinical Podcast Series. Dry Eye and Ocular Surface Disease. American Academy of Optometry Foundation. September 2024.

Maiti S, **Abbott K**. Efficacy of Plasma Rich in Growth Factors (PRGF) in Stage 1 Neurotrophic Keratitis. Clinical Podcast Series. Dry Eye and Ocular Surface Disease. American Academy of Optometry Foundation. June 2024.

Tichenor A, **Abbott K**. Efficacy of Topical Azithromycin versus Systemic Doxycycline in Treatment of Meibomian Gland Dysfunction. Clinical Podcast Series. Dry Eye and Ocular Surface Disease. American Academy of Optometry Foundation. May 2024.

Tichenor A, **Abbott K**. Multi-frequency RF Combined with IPL Improves Signs and Symptoms of Dry Eye due to MGD. Clinical Podcast Series. Dry Eye and Ocular Surface Disease. American Academy of Optometry Foundation. April 2024.

Pucker A, **Abbott K**. The relationship between habitual water intake and dry eye disease. Clinical Podcast Series. Dry Eye and Ocular Surface Disease. American Academy of Optometry Foundation. February 2024.

Editor Reviewed Publications

Abbott K. Managing Dry Eye from the First Contact Lens Fitting. *Conexiant*. The New Optometrist. April 2025.

Abbott K. Could Dry Eye Be a Channelopathy? Consider the facts provided. *Modern Optometry*. March/April 2025.

Abbott K. Managing Dry Eye Disease in Contact Lens Wearers. *The Ophthalmologist*. Anterior Segment Insights. April 2025 Edition. April 2025.

Abbott K. Breaking Down MGD Treatments Through the Lens of Sebaceous Gland Dysfunction (Part 2). *Modern Optometry*. March/April 2025 Edition. March 2025.

Abbott K. Understanding MGD Through the Lens of Sebaceous Gland Dysfunction (Part 1). *Modern Optometry*. January/February 2025 Edition. February 2025.

Abbott K. Neurosensory Factors May Explain Sign and Symptom Disparities in DED. *Optometry Advisor*. Cornea and Ocular Surface Disease. September 2024.

Abbott K. Eyes on Wellness: Holistic Approaches to Alleviate Dry Eye Symptoms. *Wellness Essentials for Clinical Practice*. 4th edition. Review of Optometry. Ocular Wellness and Nutrition Society. September 2024.

Gioia N, Pratt S, Poteet J, Rustkin D, Hitchmoth D, Zakaria L, **Abbott K**, et al. The Rising Tide of Public Health Crises and Their Impact on Ocular Health. *Wellness Essentials for Clinical Practice*. 4th edition. Review of Optometry. Ocular Wellness and Nutrition Society. September 2024.

Abbott K. Patient case: From treatment to complication, a cautionary tale about the risks of mitomycin C 8 years later. *Optometry* 360. September 2024.

Abbott K. Tyrvaya® (varenicline solution) as a potential therapy for neuropathic ocular pain associated with trigeminal neuralgia. *Optometry* 360. August 2024.

Abbott K. Prevalence of DED in children slightly lower than adults, but underdiagnosis ‘conceivable’. *Healio*. Cornea/External Disease. Perspective. July 2024.

Abbott K. Increased monitoring for dementia may be needed in patients with glaucoma. *Healio*. Primary Care Optometry News. Perspective. June 2024.

Abbott K. Navigating the Dry Eye Dilemma in Glaucoma Requires Skilled Eye Drop Management. *Optometry Advisor*. Glaucoma. March 2024.

Abbott K. Vitamin A and OSD: the Good, the Bad, and the Ugly. *Modern Optometry*. March 2024 issue.

Abbott K. Research spotlight: Does dry eye get overlooked in visually impaired patients? *Optician*. Features. February 2024.

Abbott K. Does My Dry Eye Patient Have Stage 1 Neurotrophic Keratitis? *How to differentiate between the two disease entities*. *Modern Optometry*. Online Exclusive. December 2023.

Abbott K. Vision in Motion: Unveiling the Eye-Open Benefits of Exercise. Review of Presbyopia and the Aging Eye. *Jobson Medical Information / WebMD*. eResource. October 2023.

Abbott K. The Profound Impact of Sleep on Ocular Health. Review of Presbyopia and the Aging Eye. *Jobson Medical Information / WebMD*. eResource. October 2023.

Abbott K. Long-awaited Treatment for Demodex Blepharitis Receives FDA Approval. *Modern Optometry*. Online Exclusive. July 2023.

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Abbott K. Managing Ocular Cicatricial Pemphigoid Related Ocular Surface Disease. *Modern Optometry*. Complex Cases. July/August 2023 Edition.

Abbott K. Intrinsically Photosensitive Retinal Ganglion Cells: The Mysterious Third Photoreceptor (Part II). *Eyes on Eyecare*. Clinical Guide. Retina. September 3, 2019.

Abbott K. Intrinsically Photosensitive Retinal Ganglion Cells: The Mysterious Third Photoreceptor (Part I). *Eyes on Eyecare*. Clinical Guide. Retina. November 20th, 2018.

Non-Peer-Reviewed Articles

Abbott K. Understanding Triggers for Ocular Rosacea: A Guide to Prevention. *Ocular Wellness and Nutrition Society*. Members Blog. September 2024.

Abbott K. Beyond Omega-3 Supplementation: Nutrition for Dry Eye Disease. *Ocular Wellness and Nutrition Society*. Members Blog. September 2023.

Abbott K. Glaucoma is No Longer a Disease of Elevated Intraocular Pressure Only. *Restore Vision Clinic*. 2020.

Abbott K. What is Retinitis Pigmentosa. *Restore Vision Clinic*. 2020.

Abbott K. Leber Congenital Amaurosis. Better Eyesight Without Retinal Cell Regeneration. *Restore Vision Clinic*. September 26, 2020.

Abbott K. Life with Retinitis Pigmentosa. *Retinitis Pigmentosa*. *Restore Vision Clinic*. April 30, 2020.

Abbott K. What is NAION and is Eyesight Loss Reversible? *Restore Vision Clinic*. 2019.

Abbott K. Idiopathic Intracranial Hypertension. Vision at Risk. *Restore Vision Clinic*. December 3, 2019.

Abbott K. Optic Nerve Hypoplasia. Your Child Can See Better. November 10, 2019.

Abbott K. Sleep Apnea is a Risk for Optic Nerve Damage. *Restore Vision Clinic*. October 14, 2019.

Honors and Awards

Dry Eye Counsel

2025-present

Invited to be a participant in a group of dry eye and ocular surface disease experts that together participates in advisory boards for various pharmaceutical and device companies.

Fellowship of the Ocular Wellness and Nutrition Society

2024

Completed the nomination, point requirements, essay writing, and interview to fulfill requirements for FOWNS.

Merten C. Flom Leadership Academy Graduate

2023-2024

Graduated *with distinction* from the official leadership academy of the American Academy of Optometry.

Named “One to Watch” by Modern Optometry

2024

One of five optometrists named to this by Modern Optometry in 2024. Formally recognized at AAO 2024.

Nominated for Colorado Young Optometrist of the Year	2024
Nominated for this award.	
Optometry Innovation Awards Finalist – SunSnap Kids	2023
3 rd place in the Eyes on Eyecare second annual pitch competition.	
American Academy of Optometry Leadership Summit Invitation	2023
Invited and attended leadership summit with small group of selected optometrists.	
Fellowship of the American Academy of Optometry	2022
Primarily scientific candidate with some clinical work. Passed oral defense at AAO 2022.	
1st Place in the inaugural Bright Ideas Pitch Competition – SunSnap Kids	2022
Top spot out of 28 companies. Written business plans, video pitches, and live pitch at AAO in front of 5 judges.	
Clinical Letter of Excellence x 2 Award	2017
Awarded to students who demonstrated excellence in each clinic rotation per semester	
Clinical Letter of Excellence Award	2016
Awarded to students who demonstrated excellence in each clinic rotation per semester	
Best Student Presentation Award at American Academy of Optometry	2016
Awarded to the best graduate or optometry student presentation (over 750 submissions)	
Beta Sigma Kappa Invitation	2015
Optometry school GPA of greater than 3.5.	
NIH Summer Research Grant Recipient	2015
Applied and received stipend for summer research project from National Eye Institute	
UHCO Merit Scholarship Award	2014
Awarded to select few students upon acceptance to University of Houston optometry program	

Leadership Roles

Vice-President of the Ocular Wellness and Nutrition Society (elected)	2025-present
Elected to serve a 2-year term as Vice-President of OWNS.	
Chair of the Nutrition, Disease Prevention, and Wellness SIG of AAO (elected)	2022-2024
Lead NDPW organization, organize annual symposium, and raise corporate funds.	
Flom Leadership Academy Leadership InSight Partner	2024-present
Seve as a mentor to participants of the Flom Leadership Academy.	
Host of the American Academy of Optometry Foundation Clinical Podcast Series	2024-present
Founded and host the Dry Eye and Ocular Surface Disease section of the podcast.	
Board of Directors for the Ocular Wellness and Nutrition Society (nominated)	2023-present
Advisory Council for Academic Medical Center Optometrist Special Interest Group (nominated)	2023-present
Vice-Chair of the Nutrition, Disease Prevention, and Wellness SIG of AAO (elected)	2022-2024
Organize annual symposium, raise corporate funds, maintain meeting notes.	
BSK Vice President (elected)	2016-2017
Organized events, fundraisers, and meetings for the international optometric honors society.	
BSK Class Representative (elected)	2015-2016
Represented 2 nd year student interests to officers in BSK and assisted officers with meetings/events.	
SOPMA Technology Chair (elected)	2016-2017
Created website for practice management association and advertised/communicated to information to students.	
SOPMA Secretary (elected)	2015-2016
Created a digital meeting sign up page and communicated with members for upcoming meetings/events.	

Review and Referee Work

Frontiers in Pain Research	2025-present
Reviewer and ad hoc contributor.	
Ophthalmic and Physiological Optics	2025-present
Reviewer and ad hoc contributor.	
Clinical and Experimental Optometry	2025-present
Reviewer and ad hoc contributor.	
Caribbean Medical Journal	2025-present
Reviewer and ad hoc contributor.	
International Ophthalmology	2025-present
Reviewer and ad hoc contributor.	

Cochrane Eyes and Vision Protocol reviewer.	2024-present
Journal of Visualized Experiments Guest editor, reviewer and ad hoc contributor.	2024-present
Optometry and Vision Science: Journal of the American Academy of Optometry. Reviewer and ad hoc contributor.	2023-present
The Ocular Surface Reviewer and ad hoc contributor.	2023-present

Media Mentions

AOA 2025: Wellness, self care, and the ocular impact with Dr Jessilin Quint. Optometry Times. July 2, 2025.
<https://www.healio.com/news/optometry/20250625/women-in-optometry-report-more-burnout-than-men>

Women in optometry report more burnout than men. Primary Care Optometry News. Healio. June 25, 2025.
<https://www.healio.com/news/optometry/20250625/women-in-optometry-report-more-burnout-than-men>

‘It’s going to shift people’s mindsets’: Study uncovers burnout trends in optometry. Primary Care Optometry News. Healio. June 24, 2025.
<https://www.healio.com/news/optometry/20250623/its-going-to-shift-peoples-mindsets-study-uncovers-burnout-trends-in-optometry>

Burnout in Optometry: Lessons Learned, Opportunities Seized. Barry B Blog. Association Ventures. <https://www.linkedin.com/pulse/burnout-optometry-lessons-learned-opportunities-barry-barresi-od-phd-bqi8e/?trackingId=1dkYMy85SS2rDKVsPSYQPA%3D%3D>

Large study finds burnout is prevalent in the optometry profession. Interview with Kaleb Abbott. Industry News. Optometry 360. April 25, 2025. <https://optometry-360.com/practice-management/large-study-finds-burnout-is-prevalent-in-the-optometry-profession/>

New Study: Women ODs’ Burnout Rates Higher Than Male Counterparts’. Women in Optometry. Health and Wellness. April 23, 2025.
<https://www.womeninoptometry.com/health-and-wellness/article/od-burnout-rates/>

These Dry Eye Treatments Feature Groundbreaking Technology and Impressive Results. Invision Magazine. Business and Practice Management. April 2025 Issue. April 6, 2025.
<https://invisionmag.com/these-dry-eye-treatments-feature-groundbreaking-technology-and-impressive-results/>

How Dry Eye Affects Children and Ways to Decrease Risk. Kara Mason. CU Anschutz News. Ophthalmology. January 28, 2025.
<https://news.cuanschutz.edu/ophthalmology/how-dry-eye-affects-children-and-ways-to-decrease-risk>

How to Achieve Your New Year Mental Health & Money Goals. Review of Optometric Business. Insights from Our Editors. Vittorio Mena. January 22, 2025. <https://reviewob.com/how-to-achieve-your-new-year-mental-health-money-goals/>

VIDEO: Vevye offers improved bioavailability, rapid onset, minimal side effects. Healio. Cornea and external disease. November 13, 2024.
<https://www.healio.com/news/optometry/20241113/video-vevy-offers-improved-bioavailability-rapid-onset-minimal-side-effects>

Dr. Kaleb Abbott previews the American Academy of Optometry Annual Meeting: what you need to know. Optometry 360. Conference Roundup. <https://optometry-360.com/ocular-surface-disease/dr-kaleb-abbott-previews-the-american-academy-of-optometry-annual-meeting-what-you-need-to-know/>

One to Watch: Kaleb Abbott, OD, MS, FAAO. July/August 2024. Modern Optometry.
<https://modernod.com/articles/2024-july-aug/one-to-watch-kaleb-abbott-od-ms-faao?c4src=issue:feed>

“I Support Prevention”. Public Service Announcement. Ocular Wellness and Nutrition Society. Aug 2, 2024
<https://www.youtube.com/watch?v=lmckQ1lptpo>

How Eye Drops are Used to Treat Ocular Health Conditions. Kara Mason. CU Anschutz News. Ophthalmology. April 29, 2024.
<https://news.cuanschutz.edu/ophthalmology/series-no.-1-how-eye-drops-are-used-to-treat-ocular-health-conditions>

Social Factors Shown to Contribute to Dry Eye. Review of Optometry. News Feed. January 22, 2024.
<https://www.reviewofoptometry.com/news/article/social-factors-shown-to-contribute-to-dry-eye>

How Cold Winter Weather Affects the Eyes. Kara Mason. CU Anschutz News. January 9, 2024.
<https://news.cuanschutz.edu/ophthalmology/how-cold-winter-weather-affects-the-eyes>

Eyes on 2024 highlights eyecare's biggest innovations. Alex Delaney-Gesing. Eyes on Eyecare. Events. December 6, 2023.
<https://glance.eyesoneyecare.com/stories/2023-12-06/eyes-on-2024-highlights-eyecare-s-biggest-innovations/>

Second annual Optometry Innovation Awards showcase top 3 winners. Alex Delaney-Gesing. Eyes on Eyecare. Events. November 28, 2023.
<https://glance.eyesoneyecare.com/stories/2023-11-28/second-annual-optometry-innovation-awards-showcase-top-3-winners/>

Dry Eye Syndrome Persists Among the Low Vision Population. Courtney Dryer. Optometry Advisor. Low Vision. November 27, 2023.
<https://www.optometryadvisor.com/low-vision/dry-eye-syndrome-prevalence-is-high-among-patients-with-low-vision/>

One-third of Low Vision Patients Have Dry Eye. Review of Optometry. News Feed. November 16, 2023.
<https://www.reviewofoptometry.com/article/onethird-of-low-vision-patients-have-dry-eye#:~:text=In%20a%20new%20study%2C%20researchers,over%20a%20third%20of%20patients.>

Removing Barriers from Low Vision Rehabilitation. Rachel Wittel. CU Anschutz News. Ophthalmology. March 13, 2023.
<https://news.cuanschutz.edu/ophthalmology/how-cold-winter-weather-affects-the-eyes>

Ocular Wellness and Nutrition Society Announces New Board, Presents Awards. Review of Presbyopia and the Aging Eye. October 18, 2023.
<https://reviewofpresbyopia.com/ocular-wellness-and-nutrition-society-announces-new-board/>

Nasal Spray Provides a Novel Approach to Treatment of Dry Eyes. Toni Lapp. CU Anschutz News. September 9, 2022.
<https://news.cuanschutz.edu/ophthalmology/nasal-spray-provides-treatment-for-dry-eyes>

Meet Kaleb Abbott: Founder of SunSnap Kids and Optometrist. Shoutout Colorado. Local Stories. May 11, 2021.
<https://shoutoutcolorado.com/meet-kaleb-abbott-founder-of-sunsnap-kids-and-optometrist/>

UHCO Alum Sees Startup Success. Eye on Education. Association of Schools and Colleges of Optometry. 2020.
<https://www.naylornetwork.com/opto-nwl/articles/index.asp?aid=604565&issueID=74305>

Meet Kaleb Abbott of SunSnap Kids in Stapleton. Voyage Denver. Local Stories. May 19, 2020.
<http://voyagedenver.com/interview/meet-kaleb-abbott-sunsnap-kids-stapleton/>

Starting a Frame Line Business with Dr. Kaleb Abbott OD. Success Profile. Aaron Neufeld. ODs on Finance. January 14, 2020.
<https://odsonfinance.com/success-profile-starting-a-frame-line-business-with-dr-kaleb-abbott/>

Artificial light from digital devices lessens sleep quality. Science Daily. Chris Stipes. Science News. July 18, 2017.
<https://www.sciencedaily.com/releases/2017/07/170728121414.htm>

The glow of technology has a dark side. Jenny Deam. Houston Chronicle. Business Section. August 18, 2017.
<https://www.houstonchronicle.com/business/article/The-glow-of-technology-has-a-dark-side-11823516.php>

Professional Organizations

Fellows Doing Research Special Interest Group – member	Since 2023
Colorado Optometric Association -- member	Since 2023
Denver Metro Optometric Society -- member	Since 2023
American Academy of Optometry – fellow	Since 2022
Tear Film and Ocular Surface Society – member	Since 2022
Nutrition, Disease Prevention, and Wellness Special Interest Group – Chair	Since 2022
American Medical Center Optometrist Special Interest Group – Advisory council, Member	Since 2022
Ocular Wellness and Nutrition Society – Board of Directors, Vice President	Since 2016

Volunteering and Community Service

Colorado Optometric Association Continuing Education Committee	2024-present
Review and approve/deny courses for continuing education associated with COA.	
Flom Leadership Academy Leadership InSight Partner	2024-present
Seve as a mentor to participants of the Flom Leadership Academy.	
Lutheran Family Services	2023-present
Refugee/Asylee program helping with resettlement, employment, English language, and cultural orientation.	
Funzeleo Board of Directors	2022-present
Encouraging STEM education in the fields of healthcare, engineering, energy, and mining in Africa.	
Nepriis	2022-present
Guest lecturer for high school students interested in healthcare jobs, especially in eyecare.	
Houston Welcomes Refugees	2017-2018
Assisted with resettlement of a family from Afghanistan to the Houston, TX.	

BSK Talent Show Fundraiser for World Sight Day	September 2016
Organized and ran talent show and silent auction fundraiser to raise money for World Sight Day.	
UHCO 2nd Year Competency	Fall 2016
Coordinated the planning and organization of competency with BSK officers.	
Living Water International Mission Trip - Nicaragua	July 2016
Participated in mission trip to drill a clean well for a small village in Leon, Nicaragua and teach healthy hygiene.	
Sponsor Children (Compassion International)	2014-present
Sponsor 2 children in Kaberet, Haiti. Write to them monthly and have visited them on two separate occasions.	
Medical Mission Trip – Costa Rica	January 2013
Participated in a mission trip providing medical services to Cartago, Costa Rica.	

Licenses/Certifications

Dry Eye University Certification (Ponte Vedra, Florida)	2023
Colorado Optometric License	June 2018-present
License number = CO.0003402	
Paragon CRT Fitting Certification	2017
ZenLens Scleral Fitting Certification	2017
CPR/AED	2007-present

Clinical and Didactic Teaching

Visiting Lecturer at Indiana University School of Optometry	2024-present
Develop and contribute lecturers for elective 4 th year optometry school course on ocular surface disease and dry eye.	
Attending Ophthalmology Residents	2022-present
Trainees	
Conner Nix, MD	
Anne Strong Caldwell, MD	
Mathew Tuckel, MD	
John Volkin, MD	
Tiffany Wu, MD	
Hosannah Evie, MD	
Cheryl Fonteh, MD	
Ophthalmic Academy	2022-present
Present lectures and help train new ophthalmic technicians at UCHealth.	
Laboratory Teaching Assistant – Ophthalmic Optics	2018
Teaching assistant for ophthalmic optics lab for 1 st year optometry students.	
Optometry Tutor	2016-2017
Tutored 1 st and 2 nd year students in ocular pharmacology, systemic pharmacology, and ocular disease.	

Former Research Experience

NIH/NEI Summer Research Fellowship
College of Optometry, University of Houston, Houston, TX, March 2015-August 2016
Advisor: Lisa Ostrin, O.D., Ph.D., FAAO
Applied and received NIH/NEI summer research grant to perform research
<ul style="list-style-type: none"> Created IRB for two new studies Organized new research project Recruited subjects
Graduate Research (Master of Science in Physiological Optics and Vision Science)
College of Optometry, University of Houston, Houston, TX, August 2016-May 2018

Advisor: Lisa Ostrin, O.D., Ph.D., FAAO

Influence of Light Exposure on the Melanopsin Driven Pupil Response and Circadian Rhythm

- Continued and expanded on research from previous summer
- Investigated the relationship between intrinsically photosensitive retinal ganglion cell (ipRGC) sensitivity with light exposure, age, refractive error, gender, and sleep quality
- Examined the feasibility of manipulating ipRGC stimulation through alleviation of short-wavelength light in an attempt to modulate melatonin levels, sleep quality/duration/latency, and ipRGC sensitivity

Externships

Bellaire Family Eye Care (Summer 2017) – Specialty practice with heavy emphasis on specialty contact lenses, pediatrics, binocular vision, and vision therapy. Became proficient at fitting scleral lenses and orthokeratology lenses. Gained valuable experience conducting pediatric examinations on children as young as 1 year old. Diagnosed binocular and perceptual vision disorders in children of all ages as well as adults (mostly TBI patients) and helped create a vision therapy schedule and plan. Helped design a new website for the practice and create a new line of affordable frames. Implemented the use of blue-blocking technology in patients with TBI and/or sleep disorders based on clinical research personally conducted at the University of Houston. Also designed new scleral lens stands to be used in patients with difficulty inserting scleral lenses.

Katy Veteran Affairs (Fall 2017) – Treated a wide range of eye disease/conditions in the veteran population. Became knowledgeable in the care and management of many forms of glaucoma, diabetic retinopathy, hypertensive retinopathy, uveitis, wide array of macular conditions, peripheral retinal conditions, anterior segment conditions, and severe ocular surface disease.

Work Experience

Instructor of Ophthalmology

2022-2023

Faculty in the Department of Ophthalmology and the University of Colorado School of Medicine. Work in the dry eye clinic doing comprehensive dry eye evaluations and managing ocular surface disease. Role also included attending ophthalmology residents and conducting research centered on dry eye disease, ocular surface disease, and nursing home epidemiology.

Aria Care Partners

2021-2022

Performed medical-based eye examinations in skilled nursing, assisted living, and psychiatric facilities in Colorado. Managed ocular surface disease, retinal, optic nerve, lenticular, and corneal conditions. Examinations were 90% medical and 10% refractive.

Locum Tenens

2019-2021

Performed fill-in work at Winrock Vision, Flatiron Vision Associates, Clear Vision Associates, and Sowash Optometry Group.

Cutarelli Vision

2018-2019

Performed pre-operative, post-operative, and full examinations at a refractive surgery center specializing in LASIK, LASEK, CATZ, ICL, CE, RLE, PTK, stromal puncture, PK, and other anterior segment surgeries. Developed a deep understanding of anterior segment, especially the management of complicated corneal conditions.

Medical Freelance Writer

2018-present

Write articles for neurologists, ophthalmologists, and online magazines. Focused mainly on neuro-ophthalmology, inherited retinal diseases, and refractive surgery but also write about intrinsically photosensitive retinal ganglion cells and my blue light research conducted at University of Houston College of Optometry.