

## **Preface by Maneli Mozaffarieh**

For the clinician and researcher, finding a mentor is probably the most crucial and least understood aspect of having a successful career. Unfortunately, in today's self-conscious society it has become even more difficult to find that senior academic and clinician who conducts lectures, carries out advanced research and takes time to teach and train younger academics. This book reflects the depth of care and interest given when teaching a student. It is a summary of the concepts behind glaucoma taught by someone who has devoted a lifetime to carrying out investigations in this field. I have been particularly fortunate to be able to work closely with, and learn from, such a person.

The story of my mentor's work dates back to the end of the 1970s when Josef Flammer first met Goldmann and Fankhauser's research team at the University of Bern with whom he began his investigations. At the beginning of the 1980s he came up with a hypothesis that patients with a general vascular dysregulation (at that time termed vasospastic syndrome), were also likely to have dysregulation in their ocular blood flow and that the resulting fluctuation in oxygen supply may lead to glaucomatous damage. In 1987, Josef Flammer became chairman of the Department of Ophthalmology at the University of Basel. Within his first few years as chairman he promoted and further developed research in glaucoma which eventually, together with other researchers, proved his theories on the role of ocular blood flow in glaucoma, as well as other eye diseases, to be true.

As Professor Flammer's research assistant, I have had the opportunity to discover certain principles about the role of ocular blood flow in glaucoma that simply cannot be learnt from any text book or doctor. My aim is not to reiterate what has already been summarized in other text books, but rather to give the reader a new perspective on the concepts behind glaucoma, namely Flammer's concept on the role of ocular blood flow in glaucoma. I have summarized knowledge gained from my mentor's lectures, books, publications and from observations during my clinical work with him. The chapters in this pocket book include areas that may be overlooked in the management of glaucoma. I hope that the simple format of this book along with the illustrations will encourage the reader to think about glaucoma from a new perspective.

This book is dedicated to my family: Parviz, Mimi, Nazak and Romtin.



## **Preface by Josef Flammer**

In the last decade I have had the privilege to work in the field of glaucoma and ocular blood flow both clinically and scientifically. During this time I have taught many students and fellows, and among these students, Dr Maneli Mozaffarieh showed particular enthusiasm and a distinct aptitude for learning quickly.

Dr Mozaffarieh spared no effort in summarizing the different clinical and scientific aspects of glaucoma, and explaining these new theories in this easily readable pocket book. I am convinced that this book will help many ophthalmologists to understand glaucoma better, and that the reading of this book will not only improve patient care but also give the reader intellectual satisfaction.



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