

Johanna M. Seddon, MD, an Ophthalmologist

Get to know Ophthalmologist Dr. Johanna M. Seddon, who served patients in Worcester, Massachusetts.



New York City, Feb 3, 2020 (Issuewire.com) - Dr. Seddon is a renowned, board-certified ophthalmologist who serves as a Professor of Ophthalmology, Director of Retina and Director of the Macular Degeneration Center of Excellence in the Department of Ophthalmology and Visual Sciences at the University of Massachusetts Medical School in Worcester, Massachusetts.

A pioneer in the field of epidemiology in ophthalmology and an initiator in the studies of genetics in macular degeneration, Dr. Seddon previously founded and directed Ophthalmic Epidemiology and Genetics Services at Harvard and Tufts in Boston. She is recognized for her groundbreaking research on lifestyle factors (smoking, body mass index, abdominal adiposity, exercise), nutrition (dietary lutein, zeaxanthin, omega-3 fatty acids) and the associations of these modifiable factors with macular degeneration. The advice to eat green, leafy vegetables, increase lutein and zeaxanthin intake, and adhere to healthy habits like not smoking and getting exercise, evolved from her early work which has changed the management of macular degeneration. She co-authored a book “Eat Right for Your Sight”, based on scientific studies of the impact of nutrition on eye disease, which is available on amazon.com.

The doctor and her research team have also made novel discoveries regarding genetic, biologic, and genetic-environmental biomarkers associated with both the onset and progression of macular degeneration. Breakthroughs in the Seddon Laboratory include the discovery of several of the known genetic variants associated with macular degeneration, including the discovery of the first genetic variants in the HDL pathway, VEGF pathway, collagen extracellular matrix pathway, and the first confirmed rare genetic variants in the complement pathway with high impact on the disease. These variants are now targets for new treatments. Dr. Seddon and her team initiated and developed predictive algorithms to estimate the probability of progressing from intermediate to advanced subtypes of macular degeneration and vision loss. These models are useful for precision medicine.

For her distinguished contributions to the fields of ophthalmology, retina and macular degeneration, Dr. Seddon was inducted as a member into the celebrated American Ophthalmological Society. She also attained membership status with numerous professional organizations, including the American Society of Retina Specialists, the Association for Research in Vision and Ophthalmology, the American Academy of Ophthalmology, the Macula Society, the Retina Society, the American Society of Retinal Surgeons, Women in Ophthalmology, the Society of Epidemiologic Research, and the American Society of Human Genetics.

The doctor’s acclaimed career in medicine began in 1974 when she earned her medical degree from the University of Pittsburgh School of Medicine. She then went on to complete her residency in ophthalmology at Tufts Medical Center, followed by her fellowship in ophthalmic pathology at Massachusetts Eye and Ear - Harvard Medical School. She also completed an additional fellowship in vitreo-retinal diseases and surgery at the same educational venue.

Specializing in macular degeneration and dystrophy, Dr. Seddon attributes her successful career to her passion for the medical field, her ability to provide quality patient care, as well as continuous education and the advancement of research technology. She is board-certified in ophthalmology by the American Board of Ophthalmology, an independent, non-profit organization responsible for certifying ophthalmologists in the United States of America.

Ophthalmology is a branch of medicine and surgery, which deals with the diagnosis and treatment of eye disorders. Ophthalmologists are experts in the diseases, functions, and anatomy of the eye. They may provide routine care such as vision testing, as well as prescribe and fit eyeglasses or contact lenses. However, ophthalmologists are also surgeons. They repair traumatic injuries to the eye and perform cataract, glaucoma, and corneal surgery.

In addition to having published over 250 peer-reviewed original scientific articles, book chapters, and reviews, Dr. Seddon has received numerous awards for her achievements and contributions. These include the prestigious Mildred Weisenfeld Award from the Association for Research in Vision and Ophthalmology, the inaugural ARVO Gold Fellow Award, an inaugural member of the Retina Hall of Fame, the Lucien Howe Medal Award, the Distinguished Alumni Award from the University of Pittsburgh School of Medicine, the Women in Ophthalmology Honor Award for Outstanding Research, the Women in Ophthalmology Mentoring Award, the Kreissig Award from the European Retina, Macular and Vitreous Society, the 2018 American Academy of Ophthalmology Lifetime Achievement Award, and the 2019 Future Vision Award.

When her time allows it, Dr. Seddon enjoys watching movies, reading, traveling, and watching sports such as football and baseball.

Learn More about Dr. Johanna M. Seddon:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/8130300-Johanna-Seddon-ophthalmologist-Boston-Massachusetts-02111> or through the University of Massachusetts Medical School, <https://www.umassmed.edu/ophthalmology/our-doctors2/dr.-johanna-seddon/>

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