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ASORPS (American Society of Ophthalmic Plastic and  
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Nova Campinas

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VISA

UNITED STATES  
OF AMERICA



Issuing Post Name

SAO PAULO

Surname

KURAHASHI DANTAS

Given Name

ALESSANDRA

Passport Number

FR562643

Entries

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Annotation

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VNUSAKURAHASHI<DANTAS<<ALESSANDRA<<<<<<<<<<<<<

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YouTube To look for + To create 🔔 👤



**BAND MULHER** ALESSANDRA KURAHASHI DANTAS  
oftalmologista

ao vivo

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**Transcription**

She's an ophthalmologist specializing in oculoplastic surgery. How wonderful! Welcome, doctor.

Good afternoon, Lari. Good afternoon, Nati. Thank you for the invitation, for being here to talk a little about my experience.

That's great. That's it. Doctor, tell us what the right age is to start looking for help.

Whether or not to seek blepharoplasty also depends on the amount of excess skin each person has.

That's exactly what you said, there's no right age to seek surgery. The indication isn't...

Chronological, right? It mainly depends on the anatomy and whether you actually have this excess skin and that's it.

Wanting to improve. Look at that. And blepharoplasty doesn't always solve this excess skin problem. Sometimes it's necessary...

Something complementary doctor? Well uh

Portuguese (automatically generated)

All From Band Campinas World news Re >

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## TRANSCRIPT

0:00

It's Christmas time. Can you imagine how frequent that is? Good afternoon. Good afternoon to you. Good afternoon to you at home. My little heart is already like this, look.

0:06

Anxiety is creeping in. Santa Claus is almost here. Oh, how wonderful. The year is drawing to a close and...

0:12

I don't know about you, but since this is the last working week, we're starting to miss what's passed, but it'll...

0:18

feeling that relief too, from all the burdens we were talking about today in

0:24

Our dressing room. Listen, this last week here has been the hardest for me. Ah, it's because it's been so hectic, so much going on.

0:31

to help those who are going to travel, those who are going to have Christmas at home, those who are going to do Secret Santa, it is

0:36

There's so much to do this week, it's been a lot of fun. This week has been very, very heavy, but next week will be something else!

0:43

Peace. It's just the rush on Christmas Eve there. But that part is nice. The feeling is

0:48

It's crazy because this week you're feeling the weight of the whole year. Yeah, then the very last one.

0:54

Then darkness falls, and there's nothing left. But listen, don't do more than you can handle, okay? Because December will pass.

0:59

And you'll still be here, still having to do things. So let December pass. Whatever you can leave behind.

1:05

Do it later. And one thing you can put off until later is stressing over these little things.

1:11

There are basic things going on. Do this: now, during this hour that the women's band has, you relax, sit down, and let it be.

1:17

Our hand, agreed? You can relax, you can stay informed about various topics. So, Band Mulher is on the air.

1:22

Here on this Wednesday, which is the middle of the week. I think it is. Oh, how delightful our little middle of the week is. Yes, exactly. So, look, today

1:28

Let's talk about blepharoplasty, a plastic surgery procedure that involves...

1:33

Removal of excess skin from the upper or lower eyelids, thus reducing the appearance of

1:40

Tired, that aged look. Some people really do have droopy eyes, right?

1:45

And then you can solve it. We'll answer all your questions as experts. Absolutely. Plus, we'll give you some safety tips so you can...

1:52

Run, so you can avoid injuries. It's not just about running around aimlessly, you know? You have to be careful, it's extremely dangerous.

1:59

So do this: grab your phone—I know it's right there next to you, or maybe you're texting while watching Band de Mulher—and send us a message.

2:06

Participation, because you make this program together with us, you know? Exactly. Without you here, it wouldn't exist.

2:12

Women's band. So join in. The area code is 19991969255.

2:18

Send a photo, a video, a message, whatever you want. It's allowed. Because now we're going to get into a topic, Nati.

2:25

That's really cool. For me, it was something cool. How old are you? 24. 24. I'm 29 and I still consider myself...

2:34

A teenage chauffeur, right? Very logical. People say to me, "Lari, don't you want to be a mother?" I say, "Guys,

2:40

"My biggest dream is to be a mother, but I'm scared because I still feel like a teenager." How am I supposed to get pregnant as a teenager? I'm a 24-year-old teenager.

2:46

years. Exactly. Why am I saying this, guys? Because they invented a new word to define people who

2:52

They're past 50 or 60 and aren't afraid to reinvent themselves. We'll see.

2:58

Now, Giib Manhoto will tell a little bit of this story.

3:03

The word "node" comes from the combination of the English words "never" and "old".

3:10

People who reject traditional age labels. Oh, and the word "elderly" doesn't exist for them.

3:18

Who knows what I mean? There are people who, at 60 and over, are more active than ever, because...

3:24

Age is just a number; it doesn't stop us from inventing and reinventing ourselves.

3:31

Enque was a flight attendant. After 23 years, he was unexpectedly fired and...

3:36

Desperation at not being able to find another job led him down a different path: sales. And what's more, he took advantage of it and...

3:43

She studied psychology in college. Now, at 55, she has graduated. And then I had to...

3:49

To break myself. To break myself in what sense? To go back to studying, to do psychology, because I've always had that...

3:56

Work progress with care for people, bringing dreams, caring,

4:01

Reinventing. And within psychology, this came to add value. In everyday life, being "no" means having

4:08

attitudes such as going back to school, traveling, taking care of your body, discovering new

4:13

Hobbies. Maturity doesn't mean stopping. And it takes a lot of courage to deal with it.

4:19

with these challenges and accepting the age one is and accepting the dreams one has and

4:24

consequently strive to achieve them. Carla worked in the field for 30 years.

4:30

design, videography, website development, but she already liked the field of

4:35

Food. She used to bake cookies for her friends. Superfoods with seeds.

4:41

The sprouted plants were a success and turned into a business. Now, at 50, she is even more...

4:48

Stronger than ever in this area. It took courage back then, but now it's a

4:54

purpose. I think there's a spiritual aspect to looking at life and saying, "Wow, I walked the entire first half of the game and now

5:01

"What's the second half going to be like?" If what I do now, I have the feeling that it matters more. The more I live,

5:07

But I want to live. What would you say to people our age? It's a

5:12

Just a little more. Exactly. That age is not a burden and that your dream is bigger than your age.

5:21

That's beautiful. That's an inspiration for us too, right, Nati?

5:26

Oh, sure. I like to joke around. My mom, me giving away my mom's age. This year she turned 50. I gave away a "Your mom is too." And I

5:33

I gave her a gift. We dancers say that life is divided into acts. And I think that's the...

5:38

The second act of life, which is usually the climax of the story. The second act is when everything starts to fall into place. So I

5:45

I think it's time for you to change, it's time for you to make things happen, to realize your dreams. But we don't have a place for that.

5:50

You're talking about that, right, L? Exactly. Not yet, you know? So, look, as we saw, there's even a name for it.

5:55

Something new for those over 50 who aren't afraid of change. And today we want to know what's changed in you at home.

6:02

After 50, Nati, I want to know. Oh, I'm super curious, guys. I really want to know, because if you also have

6:09

Any advice, speak up. You know that advice you give: "Wow, if I had known this at 20, now at 50, 60,

6:16

"Would everything be different?" Can you advise us here that the fewer wrong things we do in life, the better, right? So, go ahead.

6:23

So, tell us what changed in your life after you turned 50. Tell us, give us some advice, tell us how...

6:29

What's your life like today after 50? The area code is 19991969255.

6:35

Send it, I want that question. Guys, I'm turning 30 this March and I can say I'm in my best shape.

6:41

It's a different time, it's historic, right? You see, many people always said: "Oh, 30 is the age of success."

6:46

I used to say, "Oh my god, 30... I don't know, oh 30!" I was terrified of turning 30, very terrified. And today I'm not afraid.

6:53

Today I love myself much more than I did at 20, at 18, at 15.

6:58

Guys, today I'm feeling like this, in my best phase. Really? Oh, I hope my best phase is yet to come, you know? Because I think...

7:04

Now I'm turning 25, which is a little milestone too. And so I'm leaving behind that girlish thing and transforming into a...

7:11

Being a woman is difficult too. I think each phase has its own peculiarities, but tell us about it, don't forget to participate.

7:17

Because we want your advice from home and want to know what's changed, okay? The number is on the screen, feel free to call and you'll show up here, see?

7:23

Right next to us. Agreed? That's it. Meanwhile, let's get to the news, Nati. Let's go, because look, the world of celebrities...

7:29

He's a total hypocrite, isn't he? This world of celebrities. You don't understand anything I'm saying?

7:35

In the last few days, a video of an influencer and some friends talking about Ana Castela has been circulating on the internet, sort of...

7:44

Judging her sexuality. Yes, this video went viral and the person who talked about it has already shared this on...

7:52

That's in the past, that's why people are judging her as a hypocrite. I'm going to tell you all the details, I'm going to elaborate on the subject here so that...

7:57

You after the video. [Music]

8:06

It was a crazy, chaotic mess that happened, you know? We have the video, we're going to check it out. What happened?

8:12

It was an influencer, Vivi, who made a video with some friends talking about Ana Castela's sexuality.

8:19

Many people claim that Ana Castela is bisexual or that she's a lesbian, and so on, and they start saying things that...

8:25

The girl has never spoken in her life. And I think that's a tremendous lack of respect.

8:31

You first talk about someone's sexuality. Seriously, for God's sake, especially Ana.

8:36

Castile, which says nothing. It's not a subject that needs to be discussed, it's not an issue. Exactly, folks. If

8:41

If that were the case, what's the problem anyway? It's not, you know? Oh my god, I think she would talk about it, I think.

8:46

She would talk about the subject, she would come and debate the subject. So much so that even Zé Felipe later went there and posted about it.

8:53

A photo of her, kind of saying, "No, she's not." Anyway, let's watch the video to understand the gist of it.

9:00

It's a joke, and then we can analyze it and make our comment. Yeah, will it make us bitter?  
How awful, that's what he did.

9:07

I'm sure my God, it weighed heavily on me, old man.

9:12

But it's true. It's offensive. I'm not going to go to another gay man's house.

9:17

Right, guys? No, I'd eat the pizza too. Totally, man. Would it be bitter?

9:23

Horror? I'm sure she's human, she said I'm sure. The joke L

9:29

It was like this: it was saying something you were sure of, but that you couldn't prove.

9:34

Hmm. It's a trend, right? A trend and all that, and they made this trend. You can see that the intention there wasn't malicious.

9:41

At no point, especially since Ana Castela even commented on a post by a psychic who said she was going to leave...

9:47

closet this year and everything. She went there and commented, laughing. Then the girls

9:52

They imagined that this matter was something that perhaps she wouldn't care about.

9:58

that she thought everything was fine. But I think whether she thought it was okay or not, or whether she thought it was alright,

10:05

Regardless, you don't have to talk about the other person's life. Of course not, people. Especially not on such a sensitive subject, right?

10:11

People can't talk like that. No, no. Just kidding, for God's sake. Exactly. So, like, oh, she came to speak up, she said

10:18

Did anything happen? She spoke up, she talked to Ana Castela, said that everything is fine, that she called Ana.

10:23

Castela and no direct, she talked privately, but she also wanted to speak to the people who follow her,

10:30

She, I have, and she said, I thought it was a joke about her, because she had already joked about it and

10:35

Furthermore, I told her: "Look, I in no way meant to offend you with this, I was very wrong to have agreed,

10:40

"Having participated, because we don't have to give our opinion, I agree, on anyone's sexuality." She then added, "You guys..."

10:47

They wanted me to say her name here. She's someone I admire a lot, someone I followed closely, and I'm very upset to have been complicit in this situation.

10:55

That's not who I am. I apologize, I already said what I had to say via direct message. She dated her current boyfriend.

11:02

From the marina scene, right? Juliano Floss, who everyone talks about, right?

11:08

Exactly. It's funny because she thought she was killing it, making videos with her friends, and then she got canceled and...

11:14

She came to worry. Oh my, I didn't want it to be like this. And why did she say that? Well, because she had already lived through it.

11:20

Right on the skin, you know? Yes, exactly. People still talk about Juliano to this day, right?

Yes. They talk about him because we... we have...

11:26

Some prejudices exist regarding clothing, the way a person walks, and the way a person dresses.

11:33

All of this stems from some deeply ingrained prejudices that have been around for years. And if a man, for example, like...

11:39

Juliano, he's super fashionable, he's just like João Guilherme, just like João Guilherme, he paints one color and wears it.

11:45

Someone with hair that's different from what we're used to seeing, and then people immediately jump to the conclusion of sexuality, right? The same thing.

11:52

In Castile, she has a different way about her, she's very much unmarried, things like that.

11:57

Women can't do that in society, right? Because she drinks beer, because she

12:04

Swearing is something women can't do. So, it's very complicated.

12:10

This situation. I think it went too far. That's why I wanted to bring it up here, because I think it's an issue that...

12:16

People need to debate, yes. Regardless of whether someone is famous or not, or whether they've been through something.

12:21

Whether that's the case or not, I think we need to stop having these prejudices and stop making fun of and talking about it.

12:27

Sexuality of others. Exactly. You said it all, you know? And look, I hope Ana Cela says something, but I don't think she will, because she is...

12:33

Okay. If it were him, he would have already spoken. Oh, but her boyfriend spoke for her. Let's talk about Xo Mendes. We talked.

12:40

João Guilherme was there, but Xo Mendes and Bruna Marquezini were also spotted together.

12:46

Together. Once again, girl, he went back to Brazil, you see? He came back because of her. I thought he had fallen in love with Brazil.

12:53

He wanted to see Net, he wanted to see L. I won't even tell you what he liked. Nes

12:58

Lari is back. He's back, he was seen having dinner with Bruna Marquezini and... (Unbelievable!).

13:04

They didn't care at all, you know? They didn't care at all. These candid shots here, see that little dog over there? The

13:09

The little dog that was in the photo here, look. That little dog belonged to João Guilherme and

13:14

Bruna Marquezinho. She's totally passed by. And now she's passing by because they got this puppy, they adopted it.

13:21

The puppy, when they went on that trip to Japan or China. Hmm. Hmm. Yes. And then they adopted the puppy.

13:27

They brought them to Brazil and they have joint custody of the dog because she already talked about it on the show.

13:33

Angelica. Anyway, now I think the dog is spending the weekend, the week of Christmas, with his mother and X.

13:40

Mendes. And the funniest thing about all this is that now she's appearing in all the...

13:45

International websites. Of course, right, guys? OX Mendes. She's X Mendes' Brazilian girlfriend. And

13:51

Then they bring up that she dated Neymar to provide context, because here we know who she is, but abroad...

13:57

Well, things are different. And then they were seen having dinner together, the two of them plus another couple of friends, they left.

14:04

Together, nobody cares, they were seen at the airport together. I think they are, in fact, now as they want to be.

14:11

Seen together, I think, maybe there's already a relationship going on and I can tell you when the person she does

14:16

It happened. So if he came back, he really wants something with her. Yeah. Wow. Very much. It's not because, you know, there are things...

14:23

The minimum things we say, "Oh, it's minimal." And people don't bother to do them, so she doesn't want to do them. Uh-huh.

14:28

When he came all the way from the United States, he took a plane, endured hours of flight time, just to be with Bruna Marquezini. Seriously, if...

14:34

This is love, if this isn't love, what is it? You there, my lady, sitting there waiting, going out on a date

14:41

And she says, "Oh my, he won't be able to, he's not answering me." My love, when someone wants Shao Mendes, Shao Mendes is there.

14:48

He had so many shows to do, so many television programs to go on, you know what he did? He said, "Stop, stop, stop, I'm going to see my beloved." So, if

14:54

Value yourself, my lady, value yourself and do like Bruna Marquezini, demand that he [someone] who wants it, gets it, right, Larissa?

15:01

Sure. Let's change the subject, Lari. Let's change the subject or we'll go to break, okay? What do you think?

15:06

Oh, I think we can go for a quick break. Let's go to the break. When we get back we'll talk about something really cool. You...

15:12

home, I was talking about the over 50s and most women of that age.

15:18

There's that problem with the eyelids being a little bigger. So we're going to talk about blepharoplasty, which is the surgery.

15:24

which consists of removing this excess skin from the eyelids. Not for sure. If you have any questions about...

15:29

Don't be shy about asking us about this. You can send it to us. WhatsApp is also available for you to ask your questions, okay? Area code 1991969255.

15:38

We'll leave a little space on the screen for you to take notes and send us your questions. We'll be right back, don't get off the screen. Time to...

15:44

Drink water and the women's band is back.

15:50

[Music]

17:54

[Music] is back. And look, getting older is a

18:01

It's a natural and inevitable process, but for some people it's extremely bothersome.

18:06

the drooping appearance of the eyes, caused by excess skin, fat deposits and

18:11

Sagging eyelids. In cases like the one Lari described, the solution is blepharoplasty, an excellent procedure.

18:17

A resource to renew your perspective and self-esteem. And today we're going to talk about that with Dr. Alessandra Cura.

18:22

She's an ophthalmologist specializing in oculoplastic surgery. How wonderful! Welcome, doctor.

18:28

Good afternoon, Lari. Good afternoon, Nati. Thank you for the invitation, for being here to talk a little about my experience.

18:34

That's great. That's it. Doctor, tell us what the right age is to start looking for help.

18:39

Whether or not to seek blepharoplasty also depends on the amount of excess skin each person has.

18:44

That's exactly what you said, there's no right age to seek surgery. The indication isn't...

18:51

Chronological, right? It mainly depends on the anatomy and whether you actually have this excess skin and that's it.

18:58

Wanting to improve. Look at that. And blepharoplasty doesn't always solve this excess skin problem. Sometimes it's necessary...

19:04

Something complementary, doctor? Well, uh, blepharoplasty is, by definition,

19:12

This involves removing skin from both the upper and lower eyelids. However, sometimes

19:18

You have to combine it with other procedures. Then, you can remove or reposition it.

19:24

Regarding the fat pads, you can improve the position of the tail of your eyebrows here. So, sometimes you have

7:30 PM

that is associated with these procedures. Look. And this surgery isn't just for aesthetics, right, doctor? There are people who...

19:37

The eyelid droops so much that it even bothers you when you try to see through it, when you try to open your eyes.

19:43

There are two main indications for this surgery, which is the indication

19:48

Functional, as you just said, is when this excess skin is covering the field of vision. So the

19:56

The patient has impaired vision, so this is a functional indication. And the vast majority is for aesthetic reasons.

20:03

That's right, that patient who's looking for rejuvenation in that peripheral area. And what exactly does that entail?

20:10

Surgery, doctor? We're curious, aren't we? We want to know the risks, how long it takes.

20:16

It all leads to surgery. Well, in the vast majority of cases, that

20:21

The surgery is performed under local anesthesia and sedation. So the patient is awake, but sedated, so

20:28

He'll basically be sleeping there. And the recovery... it's surgery.

20:34

It's relatively easy, okay? During recovery you can expect to be a little bruised, right? Just a little bit of

20:41

There will be swelling, but that will last for a few weeks. You'll have the stitches removed after about 7 days, and recovery is...

20:49

In about 14 days you'll be able to get back to your daily routine. Of course, that will be...

20:55

continuity, but in 14 days you'll be able to return to your work. Look at that. And doctor, this surgery...

21:02

Is there one, is it permanent, or could the eyelid droop again?

21:08

No, the eyelid can droop again. We generally say it lasts for about 15 years.

21:14

But that will depend a lot on how well the person takes care of their skin, right? The fact that they spend a lot of time in the sun, the person

21:22

who don't use sunscreen, who don't take care of themselves, a diet that leaves you, as we call it, with free radicals, that

21:28

It contributes to skin aging. So, some people's results last longer, and some people's results last a little longer.

21:34

Less. Doctor, and the scar? Because it's right here, isn't it? It becomes visible after a while.

21:40

So, like the scar on the upper eyelid, we do it on top of this crease.

21:45

We have this here on the eyelid, right above the crease. So, it becomes practically nonexistent.

21:51

And the scarring from lower blepharoplasty will depend on the type of surgery you undergo. If the surgery is for...

21:58

An external approach, the surgery is located right down here, in the eyelash area. But you can also do this

22:05

Internal surgery, which we call transconjunctival, means I practically have no scar.

22:11

Look at that. And many people also do it, and they do it on the lower part here, on these lower eyelids here.

22:17

That fat, that water retention. And does it also help prevent dark circles under the eyes, doctor? Or is that a myth?

22:25

No, if the dark circles under your eyes are due to excess puffiness, they will improve.

22:30

But dark circles under the eyes can also be a result of a person's skin type, right? So, the color, that's it...

22:36

Surgery cannot change that. The same applies to wrinkles; in this case, it doesn't correct wrinkles.

22:43

No. The surgery will remove the excess skin, but the quality of the

22:48

Regarding the skin, the fact that the patient has more cracked, more wrinkled skin, I can't address that, right? I remove that...

22:55

That's the excess that's left over. To improve those fine lines and improve skin quality, we need to...

23:02

to make use of other procedures associated with cephaloplasty. I loved this chat, doctor. Very much.

23:08

Thank you, you know? Thank you for... But first, we have a question for the doctor from a viewer, look...

23:14

Just this from Ieda from Espírito Santo do Pinhal. Look at this. Good afternoon, ladies. Good afternoon, doctor. I need to have blepharoplasty.

23:22

Or there are creams that reduce that skin under the eyes. I also eat healthily. I'm not a big eater.

23:27

I eat meat, but also vegetables and legumes, and I exercise regularly. She even...

23:32

She sent a photo, look. That's cool. So, it depends, right? We have to make a personal assessment of the person.

23:39

to see what the best indication really is. But in the vast majority of cases, we have it when there's excess skin, I have

23:45

that needs to be removed. But often the patient actually has a lack of fat and sometimes you have to transplant it.

23:52

fat in that area. So the recommendation is very personal. Definitely. Just for...

23:58

Finally, many people sometimes associate the two cataract surgeries,

24:03

Because she's already at an advanced age, with blepharoplasty. Can I do both at the same time or is there some other way?

24:09

Order? No, no. Actually, these are surgeries that we don't have to do together. They are

24:15

Different surgeries for different indications. And there's no set order, we...

24:20

You can have the cataract surgery first or the blepharoplasty later. It doesn't interfere with anything. And the gap between one and the other...

24:26

Another option would be how long, as recommended? More or less, the time one could generally wait is around...

24:32

About 30 days, right? I loved it, doctor. Thank you so much! Come back anytime. Her Instagram is on...

24:38

Your screen, everyone. @doraalexandraas. Come on, follow her on social media. And

24:44

Hey you, who's been watching Band de Mulher, send in your participation, because we have a question here, right, Nati?

24:49

Oh, that's right. You, who are already 50 years old, what advice would you give us? What has changed in your life?

24:55

After 50. For the better, right folks? Tell us what changed after you turned 50. Okay?

25:02

Are you experiencing your second act to the fullest? Tell us about it, we're curious. Just send us an email with DDD1991969255.

25:08

[Music] Send it now, we'll put it on in a little while because we're going to take a break now and when we come back we'll talk about...

25:14

Running, injuries, and of course how we protect ourselves in those situations. Don't go away.

25:23

[Music]

27:28

[Music] Back again, and we already know that street racing has become a passion for many people. Each

27:34

More and more people are going beyond 5 km, tackling races of 10, 21, and even more.

27:40

Marathons, which are 42 km. But Lari, along with this growth, doubts and injuries also increase.

27:47

And to talk about that, about how to run more safely, we are joined today by orthopedist Dr. Rodrigo Vicente. He...

27:53

He specializes in runners and athletes. That's great. Welcome, doctor. Thank you. Thank you for the invitation. (Speaking)

27:59

Just a little bit about running, which is my daily routine at the office. Definitely. We were just chatting backstage and a lot of people think it's...

28:05

It's easy to run. You start running 5 or 10 times and in a year you already want to run a marathon.

28:11

This can actually injure a person, doctor? It can. It's a very rapid progression, isn't it?

28:18

Running, unfortunately, has this drawback; it's an excellent sport, but it has this characteristic that allows for very rapid progress.

28:25

So, some characteristics suggest that the lighter the wind is, the better we run. This already increases...

28:33

The chance of a person falling into a calorie deficit and ending up getting hurt is that they have as much energy as they are expending. And the

28:39

Running shoes nowadays really help us with this progress, and each week you have a different run.

28:45

So, even through social media, there's a huge appeal for people to evolve and showcase that performance. By doing that

28:51

By accelerating your behavior, you're exposing your body to a much greater risk. It doesn't necessarily mean you'll get injured, but it can certainly lead to serious problems.

28:58

Certainty increases the chance. Look, doctor, some research indicates that women end up getting injured more often.

29:03

What about men in the matter of running? Why does this happen? Is there something anatomically different, even in the matter of...

29:09

Hormonal issues in us women? There's a very important question, especially when you talk about longer distances.

29:15

Well, between 21 and 42, women tend to have less muscle mass than men. And

29:21

It does have characteristics, as you mentioned, of the anatomy that sometimes shows that women tend to have their knees pointing slightly inward. Look,

29:28

If we exaggerated that X-shaped knee, what could be harmful to running biomechanics?

29:34

We know that it's related to an increased risk factor, so the more your knee turns inward, the greater the chance.

29:40

You have to get hurt, and the woman, because she naturally already has a bit more of that alignment in some of them, ends up...

29:46

which is also beneficial. Furthermore, as I said before, being a woman also makes it much easier for us to fall into a deficit.

29:52

It's high in calories, right, especially during this time of year when everyone is so concerned about their appearance. So you

29:58

You have a calorie deficit, meaning you're consuming less energy than you're expending, and this, when done chronically, ends up...

30:04

making it difficult to gain muscle mass and thus increasing the risk of injuries. So runners have to do...

30:10

Weight training is important because some people say, "Oh, I already run, I'm not going to do weight training, I don't want to lift weights, it's already good enough." You have to do it.

30:16

Yes, you have to do some kind of strength training, right? It doesn't have to be hardcore weight training, for

30:21

Going to the gym, lifting weights, but doing functional exercises... We say that functional exercise, the exercise that...

30:26

You'll be learning the complex biomechanical movements of running, tennis, or whatever sport you do, and...

30:34

Break that down into several exercises so you can show your body how you want it to react to being so exposed.

30:39

That type of movement. And then, by doing that along with running, you can protect yourself. I was reviewing it a bit.

30:45

Some articles show exactly that, that injuries occur as the muscles get tired and...

30:52

That's biomechanics, right? The physics of angles, lever arms, really.

30:58

In the body, they can negatively affect certain tissues and may eventually lead to injury. So, if you're going to participate in bigger races...

31:04

From 21, which means you need to run more during the week, and up to 42, okay? Est

31:10

Doing strength training will protect you, improve your performance, and prevent injury, because

31:15

You have a body that can withstand that stress for longer. Look, when we talk about injury, we kind of generalize what they are.

31:22

These are the most common types of injuries. Perfect. Your question is great, and everyone has a lot of doubts about them.

31:28

That's right, isn't it? When we talk about injuries, we can divide them into acute and chronic injuries. So, acute injuries happen...

31:35

However, it's not the focus of running; it happens much more often in impact sports, for example, soccer.

31:41

It has a twist, a hit, uh, volleyball or basketball, where you can also have some kind of jolt, or collision. In running...

31:49

We're talking about chronic injuries, so it's a structure that has been subjected to some kind of stress over time.

31:55

Beyond what she can handle, she ends up, due to overuse, causing injury.

32:01

And then it points out the main ones, right? Patellofemoral pain, that pain in the front of the knee.

32:06

Hmm. We even have a very characteristic sign, they say it's the cinema sign. A person sits for a long time, and when they try to get up, they get a pain.

32:12

In the knee. Ah, so because of this biomechanical issue, as we were saying, with the knee pointing inwards,

32:18

It can overload that area. Still focusing on the knee, the pain is on the side of the knee. And I've had that too.

32:24

Increasing my volume a little faster, it's like a stab you feel on the side of your knee.

32:29

It's precisely when you have slightly longer distances that the running becomes more difficult. Apart from that, then the articulation...

32:36

of the knee, this surface, this tendon in the lateral region, right, which is called the ilioptoid band, the bone itself, right, the

32:42

Stress fractures occur when a bone is subjected to more stress than it can withstand.

32:48

Chronic inflammation can eventually lead to excessive inflammation, resulting in edema or even fractures and other injuries.

32:55

They understand Achilles and it's easy to plant. Look, as we were discussing a little earlier,  
33:01

Tendon injuries, including Achilles tendon injuries from plantar fasciitis, are also quite common.

33:06

So, I think those would be the main ones we would have, right, of the patellofemoral joint, iliopexy, fracture.

33:13

tibial stress, tendinitis, inflammation of the Achilles tendon and plantar fasciitis. And shin splints? Shin splints are also...

33:20

It's complicated. I only get it at the beginning, when I start warming up there, it gives me a little pain here in the front, then it goes away, then it gets better, right? Generally, I tend to...

33:27

I talk to the athletes who are going through this with me, right? Like I said, it's part of my daily routine to deal with these people who are going...

33:32

For races starting at 21, 42, or if you're looking to improve your performance, you need to understand how we can fit it in.

33:39

Life revolves around training to avoid developing these pains. So, shin splints are a fairly common injury, it's also like a...

33:45

To begin, it's initial information that's showing you what the bigger injury might be, right?

33:52

Oh no, I'm scared now. I'll have to concentrate and manage to absorb this...

33:58

Impact load, right? So, sometimes it can be related to a shoe, a shoe that doesn't help so much in controlling foot movement, but in

34:05

Generally, it causes an overload of the calf muscles, which forces them to...

34:10

It's kind of like it gets stuck in the shin bone. So this inflammation, this traction can generate a stiffness. I've also...

34:16

I developed shin splints at a time when I was going from two training sessions a week to three days of training, and I...

34:23

I've already set the intensity. So, instead of simply increasing the volume until I'm used to a volume of three...

34:28

Training, increasing intensity, doing more sprints—I went straight from higher-intensity training and felt it in both. And

34:34

That's when it's time to pull the handbrake, reinforce the strength training, and adjust the volume with the trainer.

34:40

suitable. I don't run, but I've danced my whole life and done one thing wrong my whole life, which I think is...

34:45

This is extremely important. We warm up, but we forget to cool down our bodies. This is called overtraining, and it's a real problem.

34:51

Doctor? We need to cool down the body. Yes, that's very true. When we talk about athletic performance, right, the

34:57

People give the body a stimulus so that it experiences that stimulus. So

35:02

I often say that we don't get stronger while we're training, right? While we're training,

35:07

When we run, we're telling our bodies that we want them to tire less with that stimulus. The time when we're really going to get stronger, the

35:13

That's when we rest and eat well. So, if you simply provide progressive stimuli, increasing the

35:19

If you don't put in the effort and neglect the other aspects of good nutrition, good sleep, and proper recovery, you may end up...

35:26

Having overtraining is when the body is chronically subjected to such a great strain that it begins to fail.

35:32

Look at that. And then you lose performance, and the risk of injury increases significantly. So that can...

35:38

It can happen. Everyone has a limit in this case. Exactly. Everyone has a limit. I think it's interesting that we, and with a

35:43

Running is really becoming very popular. That's excellent. We need to promote physical activity. That's a...

35:48

Something I always raise the flag for is that the idea is for us to have longevity in sports and that...

35:54

People should be able to do some physical activity as old as possible. I tell everyone I meet that I want them all to run a marathon like Dr.

36:00

Drau Varela was there until he was 80 years old. Uh-huh. So, for us to have that longevity, it's important that we have...

36:05

This control involves combining what we already have in terms of theory and science, right? What we have from the health field...

36:11

I try to study what the person knows about themselves. So I tell my athletes that when I combine theory, because I...

36:17

I study perhaps a little more than they do, but with the knowledge that each one has of their own body, which is obviously much greater than mine, that's what we do.

36:23

With this good combination, we achieve very good results, better performance, injury protection, and faster injury recovery.

36:29

So, everyone is different. Running can be for everyone, but since everyone is different, it's good to individualize your approach.

36:36

How will your journey be so that you have a longer running career and stay in the sport for a long time?

36:41

That way you won't get injured again. Definitely. And doctor, for someone who has already had an injury, how can they return to running normally?

36:48

Perfect. That's another very common question, it's a great question. Uh, we can go back to running, but

36:56

There are a few parameters that we try to make a little more objective. Because the main thing is...

37:01

The parameter we have regarding evolution is a very subjective piece of data, which is pain, right? Everyone has it.

37:07

a different pain threshold. So I try to minimize it a bit by using

37:12

Some technology that helps us predict this. Thermography, which is an image that I take with a camera.

37:18

Thermal insulation helps a lot with that. I can see it objectively; it's the temperature difference and how much...

37:25

which is inflammation in one area or another. This is something quite commonly used today in football clubs, even professional ones, and it helps a lot to...

37:31

to reduce the level of injury. So it's important for us to have this type of

37:36

analysis and very close conversation with other people in the health field

37:42

who are helping that athlete. So there is very close contact with the nutritionist, the coach, and the physiotherapist. Each one is able to use

37:48

His expertise, understanding, look, he's already provided me with certain factors in rehabilitation that I think he's...

37:54

Okay. The coach said, "Look, I can adapt the training because it has volume and I think it's feasible." And the coach himself

37:59

The athlete said, "Look, no, I'm feeling good, I'm feeling confident, I think I can do it." I think that's how we can mitigate as much as possible and reduce the chance of...

38:07

A re-injury. Yes. Because having a previous injury, unfortunately, is still the main factor.

38:12

...of risk for you to develop another injury. Look, so we try to surround ourselves with objective data and make a more informed decision.

38:19

Multidisciplinary, I think the most important and challenging thing for us is to achieve this return without too much...

38:24

Risk. Doctor, I think a very important point we need to raise here is the issue of being overweight and running. Obviously.

38:30

That's great, it's a very democratic sport, you know, you can play it in the street and everything, but

38:36

What are the risks of injury for a person who is overweight? Actually, I think the risks are if she

38:43

Trying to do this alone. Uh-huh. Right? So, alone we can go faster, but we won't go further. If one

38:50

For someone who is overweight or about to start a physical activity, I think it's fundamental. If she has a good trainer, it's because he will be able to achieve the desired result.

38:57

adjust the volumes she should do, because we know that improving body composition and overall health,

39:04

It depends much more on the consistency of chronic overload than acute overload. So, it's sometimes preferable to have...

39:11

A little more patience at the beginning, for someone who isn't in great shape, getting the necessary medical tests done...

39:17

This initial checkup assesses her heart and ensures she is fit to engage in physical activity.

39:23

He is very important and has a coach who will allow her to progress gradually. If the person is

39:28

If she's overweight and wants to go alone, she'll be able to make an initial gain, yes. But the chance of us not being able to achieve a...

39:35

Consistency yields satisfactory results in the medium and long term, and therefore, the main advice for those...

39:41

If you're overweight, out of shape, and want to start a physical activity program, invest in this initial phase to get off to the right start.

39:47

The chance of it staying is much higher. Absolutely. I loved chatting with you, doctor, come back anytime so we can talk about this, okay?

39:53

Sure. Just give us a call and we can chat. It's great. And hey, his Instagram is on your screen, guys, @drodrigo

39:58

Vicente. Come on, follow him on social media so you can stay up to date on everything, okay, Nati? Christmas

40:04

It's almost here, and then comes the Secret Santa game. Some people love it, others hate it. The good thing is that at least the tradition continues.

40:11

It always makes for some really fun stories. Gibes Manioto is going to tell us all the details now in this article.

40:20

Secret Santa, secret friend, who hasn't participated in this at least once in their life?

40:25

Even though I don't really like this gift-giving ritual? I gave a t-shirt.

40:31

I gave the guy a Corinthians jersey, even though I'm a Palmeiras fan.

40:36

A survey of Brazilian retailers indicates that 36% of consumers

40:41

They plan to participate in Secret Santa this year. That's more than 60 million.

40:47

people and the average cost of each gift will be R\$70. It is estimated that this

40:53

This whole thing will generate around R\$ billions of reais in the economy.

40:59

The team from the company took their lunch break to celebrate the end of the year.

41:08

And when we pick someone who isn't really a friend, or someone we don't even know,

41:13

These people work from home, each in a different corner of the country and the world.

41:18

Some people have never met in person. Bruno says he wouldn't like to receive clothes as a Secret Santa gift. Guess what?

41:25

Did he win? As I was saying before, I love getting clothes. I really enjoy it, especially when it comes from...

41:31

People who come from the top, from the chef position. Wow, wonderful. Look how well it fits. It fits with all of my...

41:37

skin. Oh, the research revealed that among those who should join in the fun, 50% love it.

41:43

Participating in Secret Santa: 40% consider it a good way to give gifts while spending less money.

41:51

And 15% participate only to avoid being judged as antisocial.

41:56

I think we don't know what to give as a gift to other people. So, precisely for that reason, we say: "Wow,

42:02

What am I going to give to the other person? What am I going to say about them in the Secret Santa? To conclude, we're going to use...

42:07

This video was generated by artificial intelligence, but it says a lot about this.

42:12

Tradition. Are you excited about the company's Secret Santa? God forbid. Last year I gave an expensive perfume set and received a keychain. Me

42:19

I look like Santa Claus, giving great presents and getting nothing in return. Exactly, Nati. So cute. And

42:26

Look, when it comes to trust and quality, the Gabeta group is a benchmark in the funeral industry. With 20 units.

42:34

Currently in operation, it offers complete funeral services, wreaths, and flower arrangements.

42:40

Plaques and photos for graves, as well as ground and air transfers in Brazil.

42:45

and abroad. With personalized service 24 hours a day, it is always ready to assist.

42:51

You and your family. And there's more, you know? Members can count on a network of benefits that offers discounts.

42:58

Exclusive deals with over 3,000 partners. Watch this video now.

43:03

Grupo Gabeta, the most complete company on the market, present in more than 10 cities to better serve our clients.

43:10

Follow us on social media and check out all our services or visit [grupo.com.br](http://grupo.com.br).

43:19

And it's easy, you know? Just show your card. Look at ours here. Get yours at the nearest store, okay, Nati?

43:26

The Gabeta group also offers medical and hospital equipment rental and has dental offices.

43:33

Our own. That's it. I scanned the QR code on the screen to speak with the nearest unit, Grupo Gabeta, with and for you.

43:43

Okay, so let's take a quick break, Nati. But first, I want the folks at home to join us, because we have a question, right?

43:50

Really? That's right. Hey, you there who are 50 or older, what has changed in your life since then?

43:56

What has changed in you since you turned 50? What has improved? Then come join us and tell us what has changed in you after you turned 50.

44:03

Years. Oh, there it is, it's passing by. What has changed in you after your 50s? Send us the area code 1991969255.

44:10

A break is quick, less than 2 minutes and we're back to playing. [Music]

46:20

[Music] is back. And look, tomorrow is the day for

46:27

Blitz here on Band TV. Tomorrow our team will be at Nissan Daruj in Campinas starting at 11:30 AM, bringing...

46:33

Bringing you the best opportunities in the region. How fantastic! And the best part is, you can check out all these offers live.

46:40

Here on Band de Mulher and also on Donos da Bola, okay? So do the following, you too, starting at 11:30, to...

46:46

Nissan Daruj, write down the address: Avenida José de Souza Campos 2256, Chácara da Barra, here in Campinas.

46:52

Lari, they're going to compete for lots of prizes. So take advantage of it, okay? That's right. So participate. Look,

46:59

Tatiba Park has gained an extra attraction, you see? Now anyone visiting the park will be able to see it up close.

47:06

Atanácio has arrived and is already adapting very well to the new space.

47:12

A southern white rhinoceros that is actually grayish, is 5 years old.

47:17

He is 18 years old and weighs almost 2 tons. This is the newest resident of the zoo park.

47:23

Itatiba. Atanásio, who arrived on December 3rd, was born in a zoo in

47:29

Chile, and I had to leave the place because of the living conditions and the lack of space. That's when...

47:34

that's when the negotiations with Brazil began. We've had years of negotiations and conversations going on, you know, regarding...

47:41

Regarding the sanitary aspects, the bureaucratic part, all the documentation, right, all the licenses so that we can bring the

47:47

Athanasius. And besides, it's a very different kind of transport, right? So, an animal weighing almost 2 tons has a whole...

47:53

Very specific logistics, right? So he came by cargo plane, he spent quite a while getting used to it.

47:59

He got into the box so he would be calm and comfortable during transport, ensuring everything went as smoothly as it did.

48:05

Atanásio is one of three rhinoceroses born in captivity in Latin America. A docile, calm animal, and already super

48:13

Adapted here. Loves affection and eats a lot. The next step in this

48:18

The story of the Athanasius here in Brazil is to help increase the species. The veterinarians here at the Zoo are already...

48:24

studying his approach to the females so that a baby rhinoceros is born here.

48:29

We're also conditioning him for semen collection. So the quickest way we can achieve this is really...

48:36

Focus on their attempt to reproduce. The two potential future mothers are...

48:42

Lama and the fat one. The atanasio and the females are already living very close together and who

48:47

You'll soon have confirmation of the pregnancy, which lasts about 16 months, and...

48:54

There is great support, as the species is nearly threatened with extinction. Their numbers in the wild have been declining.

49:01

mainly because of hunting there for the horns, right? So the idea is that we can really contribute to the projects in the future.

49:07

conservation. Oh my, how cute. When you went to the zoo, what did you

49:12

When you were a child, what was your favorite animal to see? A lion. A lion? Yes. Mine is a giraffe.

49:18

The craziest animal there is. Seriously, I've always liked felines. Lions, tigers, jaguars. I've always been very...

49:25

I'm fascinated by these felines, I don't know why. I already liked unusual animals, you know? I thought rhinoceroses were cool,

49:31

The hippopotamus, I think it's sensational. But the giraffe gets me because, think about it, it's not a horse, but it has, it has the

49:37

It has the body of a giant horse. She's not actually that big of an animal; he's huge, but her face is cute.

49:44

Oh my God, she's so clumsy when she struggles to walk, she looks so awkward. How cute. Oh, so sweet. Oh, you who are following along...

49:51

Band de Mulher, do you think it's cute too? Because we think it's adorable, go check out our Instagram @bandvcampinas

49:57

Because we posted a story there for you to answer a piece of advice you would give to your 20-year-old self. Go there and comment.

50:04

@bandvcampinas and of course, don't forget to follow me and Nati. My Instagram is @larilopesv.

50:10

Go ahead, follow me because, oh, starting next Monday, I won't be here. Oh, how wonderful.

50:17

I'll be on vacation, but I'll be back too, okay everyone? Then [someone] will be on vacation too. Yeah, we have to give it a try.

50:23

The mermaid has to eat a little too. Go check out my page too, follow me, please. @natlques we're going to do a

50:30

Party time here. These last two weeks of ours here, you know, before the New Year.

50:35

Let's get started, it's going to be a huge party, we'll be doing all the coverage here at Band. It'll turn around.

50:41

It's something we love. Well, there's going to be a lot of good stuff on the show, so you can't miss it, okay? Never miss our show.

50:48

Oh, there's participation, production. I want to see what people are saying. Look, Maria from Araras sent it to us. Hi,

50:54

Girls, you look beautiful as always. Gorgeous. I'm 58 years old, I go to the gym, I love to dance. Oh my, it has to be like this.

51:00

Wow, Maria, that's great! That's exactly it. You nailed it! Look, this is from Campinas. Hey girls! I love this show. Me

51:07

I consider that I love this sport. My focus now is on getting a black belt. I'm going to pursue it with...

51:13

Sure, right? Let's go. That's it, you nailed it. Kisses for you. Look, Eliete from Campinas. Good afternoon,

51:20

Girls, look, age doesn't change anything for me. I'm 72 years old. Very well.

51:25

Thank you, and I hope for a rich crown to end life even better.

51:30

Wonderful. Wonderful, that's right. You deserve all of this and

51:36

Much more. Definitely for love, huh? A kiss. I'll kiss you. Look, Javan from Campinas. Nati, good afternoon, queen of Band.

51:43

From a woman. Congratulations. You said it all. Lari is 60 years old today. I take much better care of myself than...

51:48

That's when I was 17 or 20 years old. Having you in our homes is more than a gift, it's wonderful. How sweet!

51:56

That's true. We have to take care of ourselves like that forever, right? Definitely. Look, Ieda sent this to us, she's also from Espírito Santo.

52:03

Santo do Pinhal. Good afternoon, how are you? I am 62 years old, very active, although

52:08

I have lower back problems because I do all the housework myself, in addition to

52:13

I go to the gym, do water aerobics, and go for walks. I'm not one to complain and stay still. My family made friends

52:19

Secret. I think it's very fun and we like it. Cool. Ieda, I liked it, you know Ieda? Kisses

52:26

You. We can't stop, we always have to be active, you know? That's right. Look, Mario from Rio Claro is always active too.

52:32

With us. Good afternoon, Nati. Lari, Nati, you looked gorgeous in that all-pink dress. Lari, you too. This

52:38

Cream tone, everything perfect. Matching sandals. About turning 50, I'm already 67 and very happy.

52:45

Wow, look at that! Thank you! Dresses, dresses and...

52:50

Beautiful outfits from Amor Razaram. That's it. Odet also sent us this: "Good afternoon, ladies. After 50 years old, my life changed."

52:57

I gained more experience and patience. And it's true, my mother says so. She says that now that my mother is 50...

53:03

It's been years, hasn't it? My mother also turned 50 this year. And she said that nowadays she doesn't care about anything anymore.

53:09

Really? Nowadays, I, Larissa, also have things I say: "Oh, I don't want to know, I don't care, everyone minds their own business, I'm..."

53:15

"I don't care." I hung up. I wasn't like this. I used to care a lot. My mom says it gets better. Oh, wait.

53:21

Even if the world is falling apart now that she's 50, she'll still be here, just chilling. You said, "Wow, what a dream."

53:27

Oh, what a dream come true, everyone! Look at that dream. A dream come true. So good. Odete. A kiss for you, okay? A kiss, beautiful. Look, Isabel too!

53:33

She sent this to us. Good afternoon, ladies. I've noticed that after 50 we only pay attention to what adds value to our lives.

53:39

As a human being. I don't even care about criticism anymore. That's it, Isabel. You nailed it, you said it all. And that's it too.

53:46

You at home, you who sent in your entry or who are watching, but didn't want to send in your entry, we get our inspiration from...

53:52

You, because I want to reach 50 years old, just like you, active, and well...

53:58

Life, like Eliete, is a wonderful chorus. That's right. We have to

54:03

To continue like this forever and not be able to stop, isn't that something? Absolutely. Our dreams, they never...

54:08

They can leave, you know? They're there for a reason. We have a purpose in this life, and we have to fulfill it.

54:14

Age is just a number, you know? It's just a number, and every day that passes we realize that, don't we? Exactly. And that's how we go on.

54:20

That's all for today's program. There's much more to come tomorrow, folks! We'll be almost at Christmas, and of course we'll be...

54:27

Wait until 1:30 PM. Kisses Nati, kisses L, kisses everyone. Now you get the best of the afternoon. Then there's Brazil.

54:33

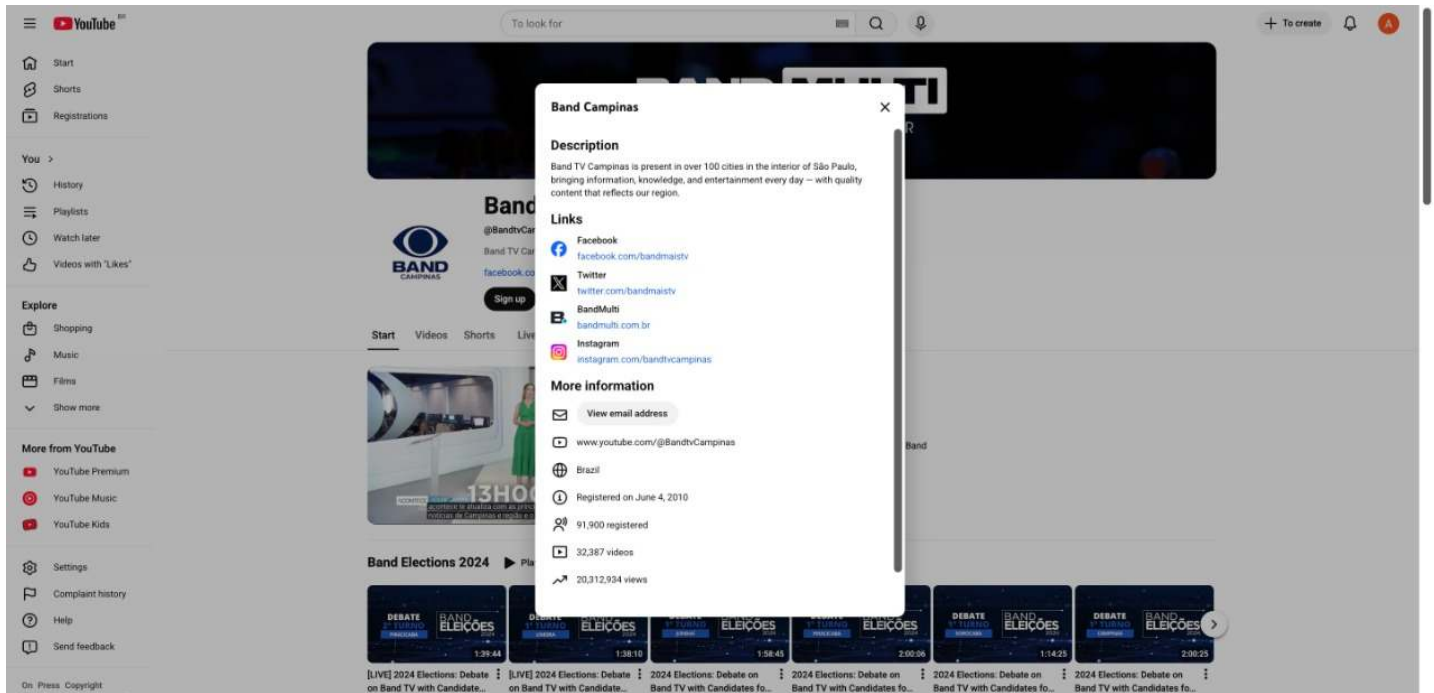
Urgent with Heitor Fredo right next door. Volta e Cena is coming with Band de Cidade 10 to 7 at night. Larissa Lopes too.

54:39

We're bringing you all the weather updates. Bye everyone. See you tomorrow. Ciao

54:45

[Music]



# Manuscript ID ABO-2025-0287 now in your Reviewer Center

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**From:** Rodrigo Lira <[onbehalfof@manuscriptcentral.com](mailto:onbehalfof@manuscriptcentral.com)>  
**Date:** October 10, 2025 at 09:38:00 BRT  
**To:** [ALEKDANTAS@nco.med.br](mailto:ALEKDANTAS@nco.med.br)  
**Cc:** [rodrigopclira@hotmail.com](mailto:rodrigopclira@hotmail.com)  
**Subject:** Manuscript ID ABO-2025-0287 now in your Reviewer Center -  
Arquivos Brasileiros de Oftalmologia (ABO)  
**Answer to:** [rodrigopclira@hotmail.com](mailto:rodrigopclira@hotmail.com)

10-Oct-2025

Dear Dr. Dantas:

Thank you for agreeing to review Manuscript ID ABO-2025-0287 entitled "Performance Analysis of AI-Based Tools for Diabetic Retinopathy Detection in a Primary Care Setting" for Arquivos Brasileiros de Oftalmologia (ABO). Please try your best to complete your review by 31-Oct-2025.

In your review, please answer all questions. On the review page, there is a space for "Comments to Editor" and a space for "Comments to the Author." Please be sure to put your comments to the author in the appropriate space.

To access just the manuscript for review directly with no need to enter log in details, click the link below :

[https://mc04.manuscriptcentral.com/abo-scielo?URL\\_MASK=6c1ea2665c694cb0a9927269cdad0223](https://mc04.manuscriptcentral.com/abo-scielo?URL_MASK=6c1ea2665c694cb0a9927269cdad0223).

To login to your account on Arquivos Brasileiros de Oftalmologia (ABO) - ScholarOne Manuscripts site at <https://mc04.manuscriptcentral.com/abo-scielo>, your case-sensitive USER ID is [alekdantas@nco.med.br](mailto:alekdantas@nco.med.br). For security purposes your password is not listed in this email. If you are unsure of your password you may click the link below to set a new password.

[https://mc04.manuscriptcentral.com/abo-scielo?URL\\_MASK=8a83ec394b4d4188955bbc11d0304ba9](https://mc04.manuscriptcentral.com/abo-scielo?URL_MASK=8a83ec394b4d4188955bbc11d0304ba9) Please note that the single use link will expire on 13-Oct-2025 12:37:59 PM GMT / 13-Oct-2025 9:37:59 AM BRT. If the single use link has expired, you can generate a single use password by entering your email address into the Password Help function on your site log in page: <https://mc04.manuscriptcentral.com/abo-scielo>

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If you wish to view the manuscript and the review form simultaneously, click on the HTML or PDF icons – the manuscript will open in a new window. Leave the new window open, switch back to the main window, and open the score sheet by clicking on the Score Sheet tab. Follow the instructions for reviewers provided in the ScholarOne Manuscripts site. I strongly encourage you to elaborate on your review in the space provided. Your specific comments will offer valuable feedback to improve future work. It is essential that you click the "Save" button if you wish to exit the review before you submit it to the Editor. Otherwise, none of the information that you have entered will be saved in the system. When you have completed your review and are ready to submit it to the Editor, click on "Submit."

All communications regarding this manuscript are privileged. Any conflict of interest, suspicion of duplicate publication, fabrication of data or plagiarism must immediately be reported to me.

Thank you for evaluating this manuscript.

Sincerely,

Prof. Rodrigo Lira

Arquivos Brasileiros de Oftalmologia (ABO) Associate Editor

[rodrigopclira@hotmail.com](mailto:rodrigopclira@hotmail.com)

# Invitation to Review for Arquivos Brasileiros de Oftalmologia (ABO)

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**From:** Rodrigo Lira <[onbehalfof@manuscriptcentral.com](mailto:onbehalfof@manuscriptcentral.com)>

**Date:** October 9, 2025 at 15:07:29 BRT

**To:** [ALEKDANTAS@nco.med.br](mailto:ALEKDANTAS@nco.med.br)

**Cc:** [rodrigopclira@hotmail.com](mailto:rodrigopclira@hotmail.com)

**Subject:** Invitation to Review for Arquivos Brasileiros de Oftalmologia (ABO) -  
FIVE DAYS DEADLINE

**Answer to:** [rodrigopclira@hotmail.com](mailto:rodrigopclira@hotmail.com)

09-Oct-2025

Dear Dr. Dantas:

Manuscript ID ABO-2025-0287 entitled "Performance Analysis of AI-Based Tools for Diabetic Retinopathy Detection in a Primary Care Setting" with Miss Castro as contact author has been submitted to Arquivos Brasileiros de Oftalmologia (ABO).

I invite you to review this manuscript. The abstract appears at the end of this letter, along with the names of the authors.

Please let me know IN FIVE DAYS if you will be able to accept my invitation to review.

If you are unable to review at this time, I would appreciate you recommending another expert reviewer. You may e-mail me with your reply or click the appropriate link at the bottom of the page to automatically register your reply with our online manuscript submission and review system.

Once you accept my invitation to review this manuscript, you will be notified via e-mail about how to access ScholarOne Manuscripts, our online manuscript submission and review system. You will then have access to the manuscript and reviewer instructions in your Reviewer Center.

I realize that our expert reviewers greatly contribute to the high standards of the Journal, and I thank you for your present and/or future participation.

Sincerely,

Prof. Rodrigo Lira

Arquivos Brasileiros de Oftalmologia (ABO) Associate Editor

[rodrigopclira@hotmail.com](mailto:rodrigopclira@hotmail.com)

To respond automatically, click below:

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#### MANUSCRIPT DETAILS

TITLE: Performance Analysis of AI-Based Tools for Diabetic Retinopathy Detection in a Primary Care Setting

AUTHORS: Castro, Heloiza; Joao Victor Tenorio Lossio de Macedo, João Victor Lossio; Ferro, Rafael ; Andrade, Gabriel

**ABSTRACT:** Purpose: Early detection of diabetic retinopathy (DR) is directly associated with better disease outcome. However, the rising prevalence of diabetes mellitus (DM) and access to a retina specialist are barriers to effective screening of all individuals with DM. Artificial intelligence (AI) is proving a promising tool for optimizing DR screening programs. A cross-sectional study to assess the effectiveness of an AI system for detecting DR versus assessment by a retina specialist using a portable retinograph, was conducted as part of a DR screening program implemented at a primary care center. Methods: Patients with type 2 diabetes mellitus were recruited and tested using an Eyer portable retinograph. The EyerMaps AI algorithm was used for analysis, classifying images as normal or abnormal. Images were also assessed by a retina specialist, serving as the gold standard. Subsequently, the sensitivity, specificity and accuracy of AI was assessed. Results: A total of 163 eyes of 85 patients were assessed. The sensitivity and specificity of AI were 84.48% and 98.04%, respectively, and accuracy was de 0.913. Conclusion: The AI system showed high sensitivity and specificity for detecting DR, comparable to the performance of a retina specialist. AI-based DR screening at primary care clinics can broaden access, particularly in remote areas, potentially improving patient outcomes through early diagnosis and intervention.



## RECOMMENDATION LETTER FOR DR. ALESSANDRA KURAHASHI DANTAS

February 11th, 2025

To Whom It May Concern,

I, Dr. Denise Fornazari de Oliveira, CRM/SP 65.058 (professional medical registration issued by the Regional Medical Council of the State of São Paulo, Brazil), ophthalmologist graduated from UNESP (1983–1988), with medical residency in Ophthalmology at UNICAMP (1989–1993), a Master's degree (2007) and a PhD (2013) in Ophthalmology from UNICAMP. I currently serve in senior clinical and leadership roles related to the Cornea Procurement Organization at UNICAMP and as a senior physician in the Cornea and External Diseases service. With extensive experience in corneal transplantation, ocular surface diseases, and eye bank management, write this letter to attest to the critical role of Dr. Alessandra Kurahashi Dantas as founding partner, owner, and practicing ophthalmologist at *Nova Campinas Oftalmologia*, located in Campinas, SP.

I have known Dr. Alessandra professionally since 1998, and I have had the opportunity to work closely with her at *Nova Campinas Oftalmologia*, where I served as Medical Director from 2002 to 2017. During this period, I was able to observe her fundamental role in the establishment and growth of the clinic.

*Nova Campinas Oftalmologia* is an ophthalmology clinic in Campinas that has been operating since 2002, performing consultations, exams, procedures and surgeries in its own surgical center. The clinic offers excellence in all ophthalmology subspecialties, including cataract, refractive surgery, cornea and anterior segment, strabismus, glaucoma, contact lenses, pediatric ophthalmology, ocular plastics, and retina. It is equipped to perform a wide range of diagnostic exams and surgical procedures, including advanced imaging studies and intraocular and extraocular surgeries, as well as laser-based therapeutic interventions.

Dr. Alessandra is an ophthalmologist who, in addition to her ownership role, also provides direct clinical care to patients at the clinic. She routinely conducts outpatient consultations, follows patients longitudinally, and performs ophthalmologic procedures and surgeries within her field of practice. In her clinical activity, she participates in the indication and execution of surgical treatments, in the interpretation of complementary exams, and in the coordination of care plans for patients with chronic or complex ocular conditions, in alignment with the clinic's protocols.

As an owner, she is responsible for the strategic direction and governance of the clinic, including defining the scope of services offered, approving major investments in equipment and infrastructure, and making high-level decisions about the clinic's positioning and expansion. She participates in the approval of annual budgets, monitors financial performance at a strategic level, and takes part in decisions regarding the hiring and allocation of medical and administrative staff. She exercises authority over these matters even when operational tasks are delegated has a determining voice in setting quality standards for patient care, in approving internal protocols, and in ensuring that the clinic complies with regulatory and ethical requirements.



# Nova Campinas

Oftalmologia

Under her ownership and leadership, the clinic has grown consistently in both structure and activity. Today, *Nova Campinas Oftalmologia* has a medical team composed of 11 ophthalmologists and a support staff of 23 employees, and it serves approximately 16,000 patient consultations and 800 surgical procedures such as annually and has demonstrated steady growth of approximately 5% per year. The clinic currently performs also outpatient consultations, diagnostic testing, and surgical procedures in areas such as surgeries for cataract, refractive errors, cornea and anterior segment, glaucoma, pediatric ophthalmology, strabismus, retina, and oculoplastics. This growth in the number of physicians, staff and patients reflects the effectiveness of the strategic decisions for which Dr. Alessandra has exercised a central leadership role, particularly in the expansion of services, the acquisition of advanced diagnostic and surgical technology, and the consolidation of the clinic's presence in the regional market.

Dr. Alessandra has also participated, in her capacity as owner, in decisions to establish and maintain contracts with health insurance providers and other institutional partners. Over the years, *Nova Campinas Oftalmologia* has entered into agreements and partnerships with Unimed, Vivest Saúde, Sul América Saúde, Bradesco Saúde, Petrobrás Ams, Porto Seguro Saúde, Amil and a few others, which have contributed to increasing access to specialized ophthalmologic care and to strengthening the clinic's patient base.

The clinic's reputation is evidenced by its comprehensive service offering, its modern infrastructure with a dedicated surgical center, and its long history of continuous operation in the city. Within this context, Dr. Alessandra's dual role as owner and practicing ophthalmologist has been essential to maintaining the level of investment, quality of services, and long-term stability that support *Nova Campinas Oftalmologia's* standing as a reputable institution in ophthalmology in the Campinas region.

Her contribution as founding partner, owner, and practicing ophthalmologist has therefore been critical to the clinic's creation, consolidation and ongoing success.

I am available to provide any additional information that may be necessary.

Sincerely,



Dr. Denise Fornazari de Oliveira

Ophthalmologist

CRM/SP 65.058

+55 (19) 98121-0101

deforol@unicamp.br

Campinas, Brazil.

## SELF-STATEMENT OF PROFESSIONAL TRAJECTORY AND FUTURE CONTRIBUTIONS

Alessandra Kurahashi Dantas, MD

I am a licensed physician and ophthalmologist with more than twenty-five years of continuous medical practice in Brazil. My career has been built on a foundation of clinical excellence, long-term service in public healthcare, surgical experience, academic involvement, and sustained contributions to diverse patient populations. The purpose of this statement is to provide an objective overview of my professional trajectory, the relevance of my work in medicine, and my intention to contribute meaningfully to the healthcare system of the United States.

I completed my medical degree at the Federal University of Paraná (UFPR) and my ophthalmology residency at the University of Campinas (UNICAMP), one of the leading academic medical centers in Latin America. Throughout my career, I have worked in both public and private healthcare settings. For more than two decades, I have served as a government-appointed ophthalmologist in the municipality of Campinas, in addition to eleven years of dedicated service in the neighboring city of Sumaré, both located in the State of São Paulo. In these roles, I have provided essential eye care to thousands of patients, many of whom have limited access to specialized services. This long-standing commitment reflects professional reliability, adaptability to demanding clinical environments, and a sustained dedication to public service.

In addition to my responsibilities within the public health system, I have maintained a stable private practice since 2002 and contributed extensively to medical education. As a volunteer surgical instructor at UNICAMP, I trained ophthalmology residents, emphasizing rigorous clinical evaluation, safe surgical practice, and ethical patient care. I also served as an ophthalmic surgeon in the Lions/UNICAMP "Sight First" Program, an international blindness-prevention initiative known for its social impact. These experiences highlight my commitment to improving patient outcomes while helping prepare the next generation of physicians.

Beyond subspecialty responsibilities, the broader field of ophthalmology plays a critical role in public health. Early diagnosis of ocular disease—whether related to cataracts, glaucoma, diabetic retinopathy, infections, trauma, or age-related conditions—is essential to prevent irreversible vision loss. Timely evaluation by a well-trained ophthalmologist is often the determining factor in whether vision can be preserved. Throughout my career, I have prioritized early detection, accurate diagnosis, and evidence-based management to reduce preventable blindness and improve quality of life.

Looking ahead, I intend to contribute to areas of significant public health priority in the United States, particularly early diagnosis, preventable vision loss, and access to ophthalmic care for underserved populations. National agencies such as the NIH, CDC, and HRSA have repeatedly emphasized the importance of addressing disparities in eye health and the rising burden of chronic ocular disease. My long-standing experience in public healthcare, prevention programs, and community service positions me to support these initiatives. I am currently studying for the revalidation of my medical diploma and am also being evaluated to become a member of the American Society of Ophthalmic Plastic and Reconstructive Surgery (ASOPRS). While I recognize that practicing as a physician in the United States requires specific licensing, I am committed to obtaining the necessary credentials to work in clinical practice in the medium- and long-term. By aligning my future contributions with these national priorities, I aim to help reduce preventable blindness, expand access to timely evaluation, and strengthen the continuum of care for vulnerable populations.

I intend to begin my professional integration in the United States through structured observerships that will allow me to understand institutional protocols and align my experience with American standards of medical practice. This initial step will support my transition into academic and clinical environments where I can contribute meaningfully, collaborate with colleagues, and build long-term professional relationships based on excellence, dedication, and continuous improvement.

Immigrating to the United States represents a natural continuation of my personal and professional goals. The country offers an environment grounded in innovation, advanced technology, and strong institutional support for medical research and academic development. It also provides a stable and enriching educational environment for my children, which aligns with my long-term plans for family and career. My objective is to pursue a sustained medical career that complements the healthcare needs of American communities, including preventive care, aging populations, and improved access to specialized services. I am confident that my extensive clinical experience, professional maturity, and commitment to public health and medical education will allow me to make meaningful contributions to the United States while continuing a career defined by service, continuity, and dedication.

Signature: \_\_\_\_\_

*Alex Dantas*

Name: Alessandra Kurahashi Dantas, MD

17/3/26

## SELF-STATEMENT OF PROFESSIONAL TRAJECTORY AND FUTURE CONTRIBUTIONS

Alessandra Kurahashi Dantas, MD

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Signature: \_\_\_\_\_

*Alex Dantas*

Name: Alessandra Kurahashi Dantas, MD

*3/19/2026*  
*47*

Federative Republic of Brazil  
**FEDERAL UNIVERSITY OF PARANÁ**

*Diploma of Physician*

*The President of the Federal University of Paraná, in the exercise of his duties and considering the completion of the Medicine Program on December 20, 1995, hereby confers the degree of Physician upon **Alessandra Kurahashi**, Brazilian, born in the State of Paraná, on November 9, 1972, holder of Identity Card No. 4-679.395-1, issued by the Paraná Identification Institute, and grants her this diploma, with all the rights and privileges thereto appertaining.*

Curitiba, December 20, 1995.

-----// signature //-----  
Graduate

-----// signature //-----  
President

JOSÉ HENRIQUE FARIA  
PRESIDENT

**MEDICINE PROGRAM**

Recognized by Decree No. 421/38,  
published in the Federal Official Gazette of  
5/12/1938.

REGISTERED UNDER NO. 10390 OF  
BOOK 09 AT SCS.  
STATE OF PARANÁ, ON 12/20/1995.

MINISTRY OF EDUCATION AND SPORTS  
FEDERAL UNIVERSITY OF PARANÁ  
President's Office - General Registry Division

By delegation of authority from the DAU, pursuant to Ordinance No. 71 of 10/21/1977, SESU Ordinance No. 30 of 05/23/1979, and in accordance with Ministerial Ordinance No. 726 of 10/21/1977.  
Diploma registered under No. 42942, in book UF-97, page 55, Process No. 1076/96-91.

Curitiba, January 22, 1996.

-----// signature //-----

Raísa Misiuba Bianchi

Director of the General Registry Division

By subdelegation of authority, in accordance with Article 6 of Decree No. 83,937/79, and pursuant to Ordinance No. 50/94, issued by the President of UFPR.

REGIONAL COUNCIL OF MEDICINE  
OF THE STATE OF SÃO PAULO

This Diploma was registered under

No. **84268** on page 13 of book  
No. 10, in accordance with article 17  
of law No. 3,258/57.

SP, 02/13/1996.

-----// signature //-----

VALTER BUENO

Head of the Professional Registration  
Section

\*DAU - Department of University Affairs

\*SESU - Secretariat of Higher Education

I, Raphael Michels Fantinato de Moura, telephone number [415 425-2508](tel:4154252508), mailing address P.O. Box 90487, San Diego, CA 92169, certify that the professional translation of this document from Portuguese to English has been performed by myself, a qualified translator fluent in both languages, and that the following is an accurate and complete translation of the document.

Raphael Michels Fantinato de Moura.

Date: March 16, 2026.

República Federativa do Brasil

UNIVERSIDADE FEDERAL DO PARANÁ

## Diploma de Médico

O Reitor da Universidade Federal do Paraná, no uso de suas atribuições e tendo em vista a conclusão do Curso de Medicina em 20 de dezembro de 1995, confere o título de Médico a **Alessandra Kurahashi**, brasileira, natural do Estado do Paraná, nascida a 09 de novembro de 1972, portadora da Carteira de Identidade n.º 4-679.395-1, expedida pelo Instituto de Identificação do Paraná, e outorga-lhe o presente diploma, a fim de que possa gozar de todos os direitos e prerrogativas legais.

Curitiba, 20 de dezembro de 1995.

Alessandra Kurahashi

Diplomada

*[Signature]*



JOSÉ HENRIQUE DE FARIA  
REITOR

**CURSO DE MEDICINA**

Reconhecido pelo Decreto n.º 421/38,  
publicado no D. O. U. de 12/5/1938.

REGISTRADO SOB Nº 10390  
DO LIVRO 09 DO SCS  
U.F. PR., EM 20 / 12 / 195

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DO ESTADO DE SÃO PAULO  
O presente Diploma foi registrado sob  
n.º **84288** às fls. 13  
de Livro n.º 10 ... se acordo  
com o artigo 17 da Lei n.º 3.269/57.  
S.P., 13 / 03 / 96  
Valter Bueno  
Chefe da Seção de Registro  
de Profissionais

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23/05/79, e nos termos da Portaria Ministerial  
n.º 726, de 21/10/77.

Diploma registrado sob n.º 42942, no livro  
UF-93, Fls. 55, Proc. 1076156-91  
 Curitiba, 23 de 01 de 1996

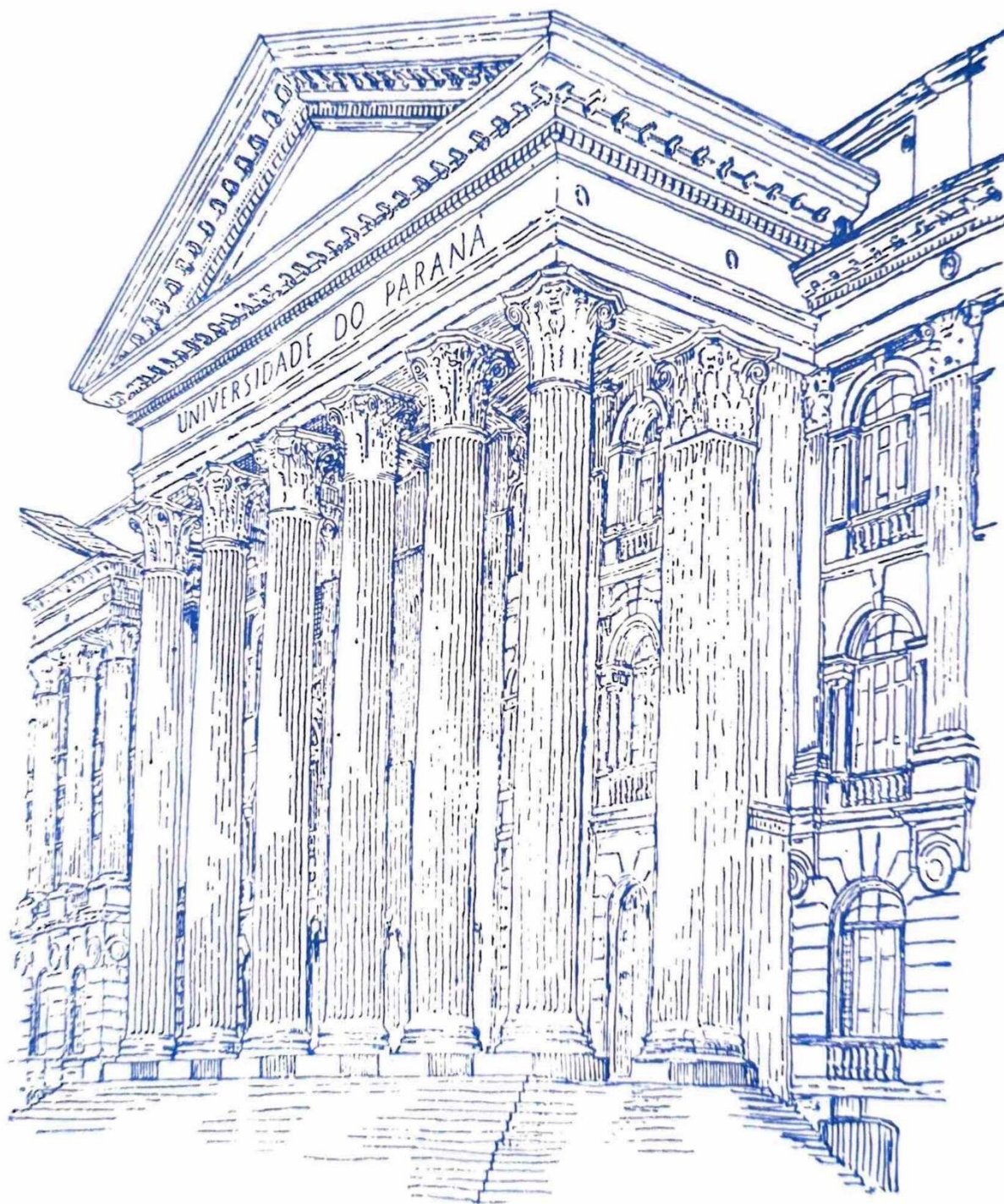
*Luiza L. Bianchi*

Reina Misiuba Kienchi  
Diretora da Divisão de Registro Geral

Por subdelegação de competência, de acordo com  
o art. 6.º do Decreto n.º 83.937/79 e nos termos  
da Portaria n.º 50/94, do Reitor da UFPR.

# FEDERAL UNIVERSITY OF PARANÁ

VICE-PRESIDENT'S OFFICE FOR UNDERGRADUATE STUDIES  
DEPARTMENT OF ACADEMIC AFFAIRS



## CERTIFICATE OF APPROVAL

IDENTIFICATION		NAME	ALESSANDRA KURAHASHI		ENROLLMENT NO.	9000781	
		DATE OF BIRTH	11/09/1972	SEX	FEMALE	NATIONALITY	BRAZILIAN
						IDENTITY DOCUMENT	46793951

PROGRAM		NAME	MEDICINE			
		RECOGNITION	DECREE NO. 421/38 – PUBLISHED IN THE FEDERAL OFFICIAL GAZETTE ON 05.12.1938			

EDUCATION		INSTITUTION (HIGH SCHOOL)	FEDERAL UNIVERSITY OF PARANÁ			
		POSITIVO	YEAR	1990	GRADE	758
		INSTITUTION (UNIVERSITY ENTRANCE EXAMINATION)	FEDERAL UNIVERSITY OF PARANÁ		RANKING	10
					SEATS	160
					YEAR	1989

## CERTIFICATE OF APPROVAL

CODE	GROUP	COURSES TAKEN	TERM / YEAR	HOURS	CREDIT	GRADE	METHOD OF GRANTING
BA008		MEDICAL ANATOMY A	1/90	120	5	8.4	COMPLETED
BA009		MEDICAL ANATOMY B	1/90	120	6	8.5	COMPLETED
BC003		CYTOLOGY	1/90	105	5	8.7	COMPLETED
BE047		PHYSICAL EDUCATION	1/90	30	1	10.0	COMPLETED
BQ003		BIOPHYSICS	1/90	75	4	8.1	COMPLETED
BQ004		CELLULAR BIOCHEMISTRY	1/90	90	5	9.1	COMPLETED
BA003		MEDICAL ANATOMY III	2/90	120	5	8.4	COMPLETED
BC004		GENERAL HISTOLOGY AND EMBRYOLOGY	2/90	105	5	9.1	COMPLETED
BF017		MEDICAL PHYSIOLOGY II	2/90	75	4	8.9	COMPLETED
BP012		IMMUNOLOGY	2/90	45	2	8.9	COMPLETED
BQ006		ANIMAL BIOCHEMISTRY	2/90	60	3	9.0	COMPLETED
CE001		BIOSTATISTICS	2/90	60	4	9.3	COMPLETED
BA004		MEDICAL ANATOMY IV	1/91	120	6	8.8	COMPLETED
BC001		MEDICAL HISTOLOGY AND EMBRYOLOGY	1/91	105	5	8.7	COMPLETED
BF016		MEDICAL PHYSIOLOGY I	1/91	75	4	8.5	COMPLETED
BP007		MEDICAL PARASITOLOGY	1/91	75	4	9.4	COMPLETED
BP302		MEDICAL MICROBIOLOGY A	1/91	90	4	9.6	COMPLETED
BT005		MEDICAL PHARMACOLOGY I	1/91	75	4	8.5	COMPLETED
BP021		GENERAL PATHOLOGY: HEALTH AND DISEASE	2/91	90	5	8.4	COMPLETED
BT006		MEDICAL PHARMACOLOGY II	2/91	75	4	9.2	COMPLETED
MC301		OPERATIVE TECHNIQUE AND FOUNDATIONS OF SURGERY A	2/91	[illegible]	[illegible]	[illegible]	COMPLETED

CODE	GROUP	COURSES TAKEN	TERM / YEAR	HOURS	CREDIT	GRADE	METHOD OF GRANTING
MF011		MENTAL HEALTH	2/91	45	2	7.6	COMPLETED
MM301		MEDICAL PROPEDEUTICS A	2/91	165	8	10.0	COMPLETED
MC302		GENERAL SURGERY AND ANESTHESIOLOGY A	1/92	90	4	8.0	COMPLETED
MM302		MEDICAL PROPEDEUTICS B	1/92	165	8	8.5	COMPLETED
MP301		CLINICAL PATHOLOGY A	1/92	60	3	8.5	COMPLETED
MP302		PATHOLOGICAL ANATOMY A	1/92	240	10	8.4	COMPLETED
MC303		DIGESTIVE SYSTEM SURGERY A	2/92	60	3	7.6	COMPLETED
MC304		THORACIC AND CARDIOVASCULAR SURGERY A	2/92	60	3	8.3	COMPLETED
MM303		PULMONOLOGY A	2/92	60	3	8.6	COMPLETED
MM304		CARDIOLOGY AND ANGIOLOGY A	2/92	90	4	8.9	COMPLETED
MM306		NEPHROLOGY A	2/92	60	3	9.0	COMPLETED
MM307		GASTROENTEROLOGY A	2/92	90	4	7.7	COMPLETED
MS017		COMMUNITY HEALTH I	2/92	90	5	10.0	COMPLETED
MC307		OTORHINOLARYNGOLOGY A	1/93	45	2	8.0	COMPLETED
MC308		OPHTHALMOLOGY A	1/93	45	2	9.4	COMPLETED
MC309		NEUROSURGERY A	1/93	45	2	8.3	COMPLETED
MM308		NEUROLOGY A	1/93	60	3	9.1	COMPLETED
MM309		DERMATOLOGY A	1/93	60	3	9.0	COMPLETED
MM311		HEMATOLOGY AND ONCOLOGY A	1/93	60	3	8.5	COMPLETED
MS018		COMMUNITY HEALTH II	1/93	90	4	8.0	COMPLETED
MT301		GYNECOLOGY A	1/93	90	4	9.0	COMPLETED
MC306		UROLOGY A	2/93	60	3	9.0	COMPLETED
MF012		PSYCHIATRY I	2/93	60	3	8.9	COMPLETED
MM310		ENDOCRINOLOGY AND METABOLOGY A	2/93	60	3	8.8	COMPLETED
MS019		COMMUNITY HEALTH III	2/93	90	4	8.3	COMPLETED
MS303		INFECTIOUS AND PARASITIC DISEASES A	2/93	90	4	7.6	COMPLETED
MT302		HUMAN REPRODUCTION A	2/93	60	3	8.7	COMPLETED
MT303		OBSTETRICS A	2/93	90	4	9.0	COMPLETED
BG005		MEDICAL GENETICS	1/94	60	3	8.5	COMPLETED
MC305		TRAUMATOLOGY AND ORTHOPEDICS A	1/94	90	4	7.8	COMPLETED
MC310		PEDIATRIC SURGERY A	1/94	45	2	8.5	COMPLETED
MD301		NEONATOLOGY A	1/94	15	1	8.8	COMPLETED
MD302		PEDIATRIC CLINICS A	1/94	45	3	9.0	COMPLETED
MD303		SOCIAL PEDIATRICS A	1/94	15	1	9.2	COMPLETED
MF013		PSYCHIATRY II	1/94	60	3	8.5	COMPLETED
MF301		FORENSIC MEDICINE A	1/94	90	4	7.8	COMPLETED
MF302		MEDICAL DEONTOLOGY A	1/94	30	2	7.8	COMPLETED
MM305		RHEUMATOLOGY A	1/94	60	3	7.3	COMPLETED
MC317		MANDATORY CURRICULAR INTERNSHIP IN SURGICAL CLINICS	2/94	675	15	9.8	COMPLETED
MD305		INTERNSHIP IN PEDIATRICS	2/94	675	15	8.7	COMPLETED
MM317		INTERNSHIP IN MEDICAL CLINICS	1/95	675	15	9.4	COMPLETED
MT305		INTERNSHIP IN OBSTETRICS AND GYNECOLOGY	1/95	675	15	9.3	COMPLETED
MC318		MANDATORY CURRICULAR INTERNSHIP IN SURGICAL CLINICS II	2/95	675	15	9.5	COMPLETED
MS021		MANDATORY CURRICULAR INTERNSHIP IN COMMUNITY MEDICINE	2/95	675	15	10.0	COMPLETED

CONFERRAL OF DEGREE	DATE	TOTAL HOURS	TOTAL CREDITS	GRADE POINTS AVERAGE
	Curitiba, December 20, 1995.	8640	312	0.9012
	DIPLOMA			
	PHYSICIAN			

NOTES

-----// signature //-----  
PROGRAM COORDINATOR

-----// signature //-----  
Prof. Evaldo Antonio Montiani Ferreira  
General Coordinator of Undergraduate Programs

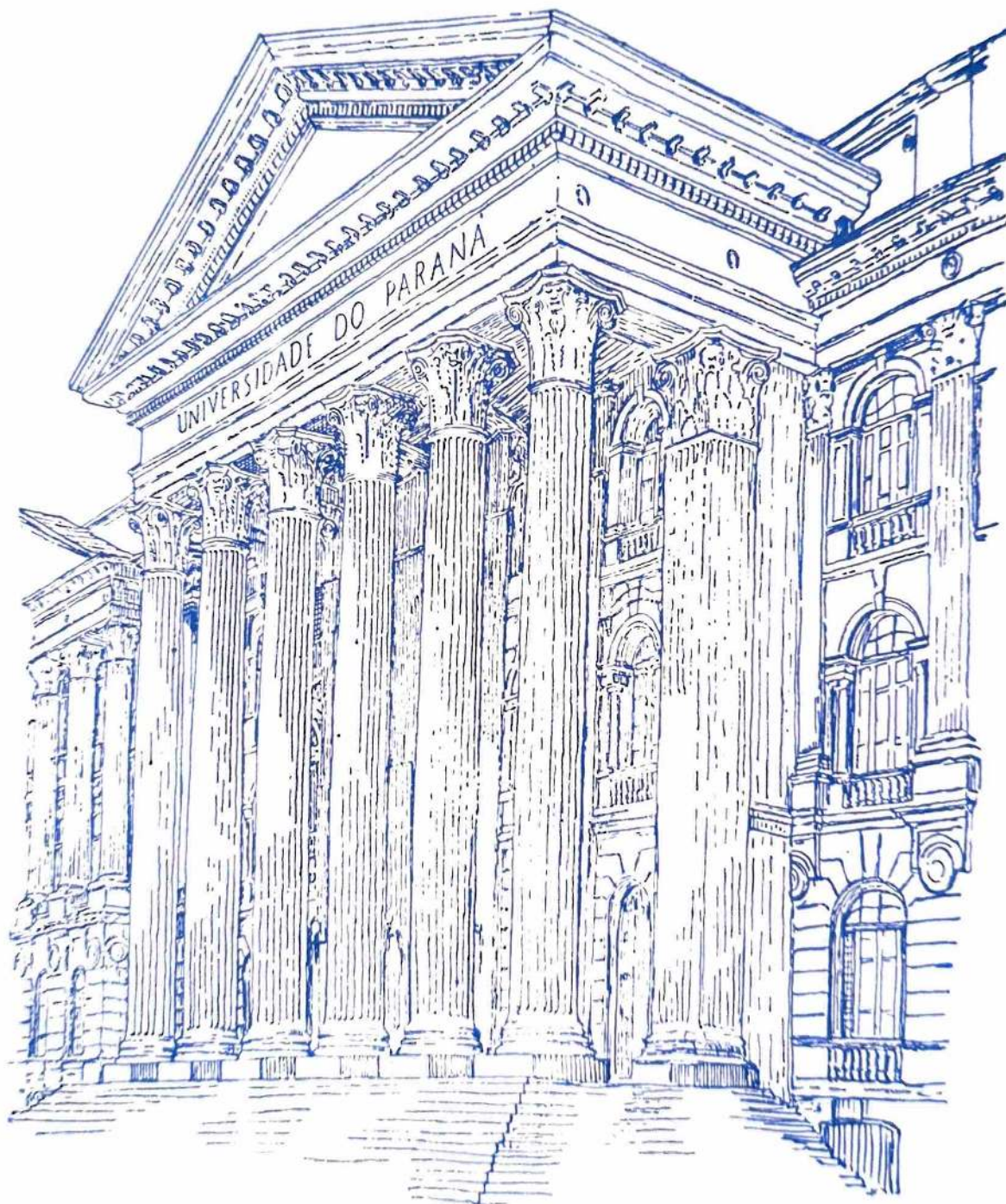
I, Raphael Michels Fantinato de Moura, telephone number [415 425-2508](tel:4154252508), mailing address P.O. Box 90487, San Diego, CA 92169, certify that the professional translation of this document from Portuguese to English has been performed by myself, a qualified translator fluent in both languages, and that the following is an accurate and complete translation of the document.

Raphael Michels Fantinato de Moura.

Date: March 16, 2026.

# UNIVERSIDADE FEDERAL DO PARANÁ

PRÓ-REITORIA DE GRADUAÇÃO  
DEPARTAMENTO DE ASSUNTOS ACADÊMICOS



## CERTIFICADO DE APROVAÇÃO

NOME		Nº MATRÍCULA	
ALESSANDRA KURAHASHI		9000781	
DATA DE NASCIMENTO		CARTEIRA DE IDENTIDADE	
09/11/72		46793951	
SEXO		NACIONALIDADE	
F		BRASIL	
NOME			
MEDICINA			
RECONHECIMENTO			
DECRETO N.421/38 - PUBLICADA NO D.O.U. EM 12.05.38			
ESTABELECIMENTO (ENSINO MÉDIO)			
POSITIVO			
ESTABELECIMENTO (CONCURSO VESTIBULAR)		ANO	
UNIVERSIDADE FEDERAL DO PARANA		90	
FORMAÇÃO		ESCORE	ANO
		758	90
		COLOCAÇÃO	VAGAS
		10	160

## CERTIFICADO DE APROVAÇÃO

SIGLA	TURMA	NOME DAS DISCIPLINAS CURSADAS	SEM. / ANO	HORAS	CRÉD.	NOTA	FORMA DE CONCESSÃO
BA008		ANATOMIA MEDICA A	1/90	120	5	8,4	CURSADO
BA009		ANATOMIA MEDICA B	1/90	120	6	8,5	CURSADO
BC003		CITOLOGIA	1/90	105	5	8,7	CURSADO
BE047		EDUCACAO FISICA	1/90	30	1	10,0	CURSADO
BQ003		BIOFISICA	1/90	75	4	8,1	CURSADO
BQ004		BIOQUIMICA CELULAR	1/90	90	5	9,1	CURSADO
BA003		ANATOMIA MEDICA III	2/90	120	5	8,4	CURSADO
BC004		HISTOLOGIA E EMBRIOLOGIA GERAL	2/90	105	5	9,1	CURSADO
BF017		FISIOLOGIA MEDICA II	2/90	75	4	8,9	CURSADO
BP012		IMUNOLOGIA	2/90	45	2	8,9	CURSADO
BQ006		BIOQUIMICA ANIMAL	2/90	60	3	9,0	CURSADO
CE001		BIGESTATISTICA	2/90	60	4	9,3	CURSADO
BA004		ANATOMIA MEDICA IV	1/91	120	6	8,8	CURSADO
BC001		HISTOLOGIA E EMBRIOLOGIA MEDICA	1/91	105	5	8,7	CURSADO
BF016		FISIOLOGIA MEDICA I	1/91	75	4	8,5	CURSADO
BP007		PARASITOLOGIA MEDICA	1/91	75	4	9,4	CURSADO
BP302		MICROBIOLOGIA MEDICA A	1/91	90	4	9,6	CURSADO
BT005		FARMACOLOGIA MEDICA I	1/91	75	4	8,5	CURSADO
BP021		PATOLOGIA GERAL: SAUDE E DOENCA	2/91	90	5	8,4	CURSADO
BT006		FARMACOLOGIA MEDICA II	2/91	75	4	9,2	CURSADO
MC301		TECNICA OPERATORIA E BASES DA CIENCIA	2/91	90	4	8,0	CURSADO

MF011	SAUDE MENTAL	2/91	45	2	7,6	CURSADO
MM301	PROPEDEUTICA MEDICA A	2/91	165	8	10,0	CURSADO
MC302	CIRURGIA GERAL E ANESTESIOLOGIA A	1/92	90	4	8,0	CURSADO
MM302	PROPEDEUTICA MEDICA B	1/92	165	8	8,5	CURSADO
MP301	PATOLOGIA CLINICA A	1/92	60	3	8,5	CURSADO
MP302	ANATOMIA PATOLOGICA A	1/92	240	10	8,4	CURSADO
MC303	CIRURGIA DO APARELHO DIGESTIVO A	2/92	60	3	7,6	CURSADO
MC304	CIRURGIA TORACICA E CARDIOVASCULAR A	2/92	60	3	8,3	CURSADO
MM303	PNEUMOLOGIA A	2/92	60	3	8,6	CURSADO
MM304	CARDIOLOGIA E ANGIOLOGIA A	2/92	90	4	8,9	CURSADO
MM306	NEFROLOGIA A	2/92	60	3	9,0	CURSADO
MM307	GASTROENTEROLOGIA A	2/92	90	4	7,7	CURSADO
MS017	SAUDE COMUNITARIA I	2/92	90	5	10,0	CURSADO
MC307	OTORRINOLARINGOLOGIA A	1/93	45	2	8,0	CURSADO
MC308	OFTALMOLOGIA A	1/93	45	2	9,4	CURSADO
MC309	NEUROCIRURGIA A	1/93	45	2	8,3	CURSADO
MM308	NEUROLOGIA A	1/93	60	3	9,1	CURSADO
MM309	DERMATOLOGIA A	1/93	60	3	9,0	CURSADO
MM311	HEMATOLOGIA E ONCOLOGIA A	1/93	60	3	8,5	CURSADO
MS018	SAUDE COMUNITARIA II	1/93	90	4	8,0	CURSADO
NT301	GINECOLOGIA A	1/93	90	4	9,0	CURSADO
MC306	UROLOGIA A	2/93	60	3	9,0	CURSADO
MF012	PSIQUIATRIA I	2/93	60	3	8,9	CURSADO
MM310	ENDOCRINOLOGIA E METABOLOGIA A	2/93	60	3	8,8	CURSADO
MS019	SAUDE COMUNITARIA III	2/93	90	4	8,3	CURSADO
MS303	DOENCAS INFECCIOSAS E PARASITARIAS A	2/93	90	4	7,6	CURSADO
NT302	REPRODUCAO HUMANA A	2/93	60	3	8,7	CURSADO
NT303	OBSTETRICIA A	2/93	90	4	9,0	CURSADO
BG005	GENETICA MEDICA	1/94	60	3	8,5	CURSADO
MC305	TRAUMATOLOGIA E ORTOPEdia A	1/94	90	4	7,8	CURSADO
MC310	CIRURGIA PEDIATRICA A	1/94	45	2	8,5	CURSADO
MD301	NEONATOLOGIA A	1/94	15	1	8,8	CURSADO
MD302	CLINICA PEDIATRICA A	1/94	45	3	9,0	CURSADO
MD303	PEDIATRIA SOCIAL A	1/94	15	1	9,2	CURSADO
MF013	PSIQUIATRIA II	1/94	60	3	8,5	CURSADO
MF301	MEDICINA LEGAL A	1/94	90	4	7,8	CURSADO
MF302	DEONTOLOGIA MEDICA A	1/94	30	2	7,8	CURSADO
MM305	REUMATOLOGIA A	1/94	60	3	7,3	CURSADO
MC317	INTERNATO CURRICULAR OBRIG. EM CLINICA CIRURGI	2/94	675	15	9,8	CURSADO
MD305	INTERNATO EM PEDIATRIA	2/94	675	15	8,7	CURSADO
MM317	INTERNATO EM CLINICA MEDICA	1/95	675	15	9,4	CURSADO
MT305	INTERNATO EM TOCOGINECOLOGIA	1/95	675	15	9,3	CURSADO
MC318	INTER CURRIC OBRIG EM CLIN CIRURGICA II	2/95	675	15	9,5	CURSADO
MS021	INT. CURRICULAR OBRIG. EM MEDICINA COMUNITARIA	2/95	675	15	10,0	CURSADO

COLAÇÃO DE GRAU	DATA	TOTAL DE HORAS	TOTAL DE CREDITOS	COEFICIENTE DE RENDIMENTO
	Curitiba, 20 de dezembro de 1995.	8640	312	0,9012
	DIPLOMA			
	MÉDICO			

OBSERVAÇÕES

  
COORDENADOR DO GRAU

  
Prof. Evaldo Antonio Montani Fereira  
Coordenador Geral dos Cursos de Graduação

OPEN ACCESS PEER-REVIEWED

EDITORIAL

## The effects of a single dose of sildenafil citrate (Viagra®) on the retrobulbar circulation and visual field

Estudo da circulação retrobulbar e do campo visual após dose única oral de citrato de sildenafil (Viagra®)

Alessandra Kurahashi<sup>1</sup>; Maurício Nascimento<sup>1</sup>; Ana Maria Marcondes<sup>1</sup>; Nelson Macchiaverni Filho<sup>1</sup>; Jamal Baracat<sup>2</sup>; Vital Paulino Costa<sup>3</sup>

DOI: 10.1590/S0004-27492001000400013

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### ABSTRACT

**Purpose:** To analyze the effects of 100 mg of sildenafil citrate (Viagra®) on the retrobulbar circulation and visual field. **Methods:** A double masked, placebo controlled study was conducted in 10 males with a mean age of 27.7 + 5.68 years. The right eye of each volunteer underwent orbital color Doppler imaging and automated perimetry (Humphrey, program 30-2, Full-Threshold Strategy) at 3 occasions: baseline, 1 hour after placebo and 1 hour after 100 mg of sildenafil. The foveal threshold and the mean deviation (MD) were analyzed by automated perimetry on the three occasions. Color Doppler imaging allowed the measurement of the peak systolic velocity (PSV), end diastolic velocity (EDV) and Pourcelot index (PI) in the central retinal artery and ophthalmic artery. **Results:** The foveal threshold and the mean deviation did not show a significant change following the administration of sildenafil. The ophthalmic artery peak systolic velocity and end diastolic velocity significantly increased after the administration of sildenafil ( $p < 0.001$ ). The hemodynamic parameters in the central retinal artery and the ophthalmic artery PI did not significantly change. **Conclusions:** Sildenafil citrate increased the blood flow velocities in the ophthalmic artery in normal subjects, with no significant changes in the foveal threshold and mean deviation in the automated perimetry.

**Keywords:** Retinal artery; Visual fields; Piperazines; Blood flow velocity; Color ultrasonography Doppler; Fovea centralis; Single dose; Double-blind method

### RESUMO

**Objetivo:** Estudar os efeitos na circulação retrobulbar e no campo visual de uma dose oral única de 100 mg de citrato de sildenafil (Viagra®). **Métodos:** Um estudo duplo-mascarado e controlado por placebo foi realizado em 10 voluntários do sexo masculino, com idade média de 27,7 + 5,68 anos. O olho direito de cada voluntário foi submetido aos exames de Doppler colorido de órbita e análise de campo visual por meio de perimetria computadorizada (Humphrey, programa 30-2, estratégia "Full Threshold") em 3 ocasiões: "baseline", 1 hora após placebo e 1 hora após 100 mg de sildenafil via oral. No campo visual, analisaram-se o limiar foveal e o "mean deviation" (MD) nas 3 ocasiões. No Doppler colorido, medimos a velocidade sistólica máxima (VSM), a velocidade diastólica final (VDF) e o índice de resistência (IR) da artéria central da retina (ACR) e da artéria oftálmica (AO) nas 3 ocasiões. **Resultados:** A administração do sildenafil não alterou significativamente o limiar foveal e o "mean deviation" em relação ao "baseline" e ao placebo. Houve um aumento significativo da velocidade sistólica máxima e velocidade diastólica final na artéria oftálmica após a administração do citrato de sildenafil ( $p < 0,001$ ). Não houve alteração significativa dos parâmetros hemodinâmicos na artéria central da retina e no índice de resistência da artéria oftálmica. **Conclusões:** A administração de 100 mg de citrato de sildenafil promoveu um aumento da velocidade de fluxo sanguíneo na artéria oftálmica de indivíduos normais e não promoveu alteração significativa no limiar foveal e "mean deviation" da campimetria computadorizada.

**Descritores:** Artéria retiniana; Campos visuais; Piperazinas; Velocidade do fluxo sanguíneo; Ultra-sonografia Doppler em cores; Fóvea central; Dose única; Método duplo-cego

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### Dimension

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#### ABOUT

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# Alessandra Kurahashi Dantas

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Ophthalmologist with over 25 years of clinical experience, specializing in Oculoplastics, Lacrimal Surgery, and Ocular Surface diseases. Trained at top-tier Brazilian institutions (UFPR and UNICAMP), she has a distinguished career marked by leadership in high-volume public health systems and the surgical supervision of residents in university hospital settings for over a decade. A recognized expert in her field, she was awarded the "Professor Nilo Cairo" Academic Award for ranking 1st in her medical class and recently received the Certificate of Merit for 25 years of ethical medical service. Her international profile includes clinical research, peer-review activity for indexed journals, and advanced surgical training at the University of California, Irvine (UCI) and San Diego (UCSD).

## PROFESSIONAL EXPERIENCE

### 08/1998 – Present

Ophthalmologist, Municipal Health Department of Campinas | Campinas, São Paulo, Brazil

Provides high-volume specialized ophthalmic care in the public health system, managing approximately 240 patients per month (2,800+ annually). Her clinical practice focuses on the diagnostic and surgical management of complex functional eyelid disorders (ptosis, entropion, ectropion), ocular surface diseases, and lacrimal system obstructions.

- **Clinical Leadership & Reference:** Serves as an internal clinical reference for Oculoplastics and Lacrimal cases within the municipal network, performing specialized evaluations and surgical indications that optimize patient flow and reduce waiting lists for high-complexity centers.
- **Protocol Development:** Contributed to the "Access Protocol and Risk Assessment in Ophthalmology" for the City of Campinas, establishing clinical guidelines for triage and longitudinal monitoring of ocular conditions.
- **Medical Education:** Provides informal supervision and clinical guidance for physicians in training, supporting decision-making in ophthalmic emergencies and organizing clinical workflows to improve resource allocation.
- **Comprehensive Management:** Manages a broad spectrum of conditions, including non-proliferative diabetic retinopathy, glaucoma, and cataract follow-up, ensuring high resolutivity in a high-demand public health environment.

### 2002 – Present

Ophthalmologist – Private Practice, Nova Campinas Oftalmologia | Campinas, São Paulo, Brazil

Provides comprehensive and specialized ophthalmic care in a private setting, with a focus on Oculoplastics, Lacrimal system disorders, and Ocular Surface diseases. Responsible for the longitudinal management of patients, from initial diagnosis to complex surgical indications and post-operative follow-up.

- **Specialized Clinical Practice:** Expert management of functional eyelid conditions, chronic blepharitis, and evaporative/aquodeficient dry eye, utilizing up-to-date clinical protocols and advanced diagnostic tools.
- **Surgical Coordination:** Defines diagnostic and therapeutic plans for complex cases, coordinating integrated care with other medical specialties and ensuring high clinical resolutivity and patient safety.
- **Continuous Professional Development:** Implements cutting-edge clinical practices derived from ongoing international training (UCI and UCSD) and participation in major scientific symposia (ASOPRS, AAO), enhancing the quality of care in private practice.
- **Urgent Care Management:** Manages urgent ophthalmic consultations and pre-operative counseling, maintaining a high standard of clinical excellence and continuity of care for a diverse patient base.

**01/2000 – 12/2011**

Ophthalmologist, Municipal Health Department of Sumaré | Sumaré, São Paulo, Brazil

Provided comprehensive outpatient ophthalmology care within the public health system, focusing on the diagnostic and therapeutic management of functional eyelid disorders, lacrimal system obstructions, and ocular surface diseases. Contributed to increasing access to specialized care in the municipal network, managing a broad spectrum of conditions including glaucoma, retinal diseases, and ophthalmic emergencies.

---

## EDUCATION

May 2022

**Postgraduate Specialization in Integrative Medicine (Lato Sensu), Faculdade Conectada – Faconnect | Brazil**

August 2021

**Postgraduate Specialization in Applied Quantum Biophysics in Health (Lato Sensu), Faculdade de Tecnologia em Saúde CIEPH | Brazil**

January 1998

**Residency in Ophthalmology, State University of Campinas – UNICAMP | Campinas, São Paulo, Brazil**

- Specialized training (R3) in Oculoplastics, Lacrimal Surgery, Cornea, and Glaucoma.

December 1995

**M.D. – Doctor of Medicine, Federal University of Paraná – UFPR | Curitiba, Paraná, Brazil**

- Awarded the **Professor Nilo Cairo Academic Award** for ranking 1st in the graduating medical class (highest cumulative GPA).
-

## KEY COURSES / SEMINARS

Invited Lectures / Teaching / Course Leadership

**“Eyelid Disorders and Lacrimal System” – Invited Lecturer**, Ophthalmology Seminar (UNICAMP), Campinas, Brazil – **03/2001**

**“Chronic Dacryocystitis: Review of 350 Cases” – Invited Speaker**, Symposium on Infectious Lacrimal Disorders, Brazilian Congress on Prevention of Blindness, São Paulo, Brazil – **09/2002**

**“Chronic Dacryocystitis: Analysis of 305 Cases” – Invited Lecturer**, Course on Infectious Lacrimal Disorders, Brazilian Congress of Ophthalmology, São Paulo, Brazil – **09/2003**

**Oculoplastic Surgery Session – Invited Speaker**, UNICAMP Ophthalmology Update Seminar, Campinas, Brazil – **10/2003**

**“Local Anesthesia for Dacryocystorhinostomy (DCR)” – Invited Speaker**, XI International Symposium of Cornea and Contact Lenses, Campinas, Brazil – **03/2004**

**“Differential Diagnosis of the Red Eye” – Invited Lecturer**, Emergency Ophthalmology Course, Campinas, Brazil – **10/2004**

**Applied Anatomy for Facial Aesthetics – Panel Coordinator & Invited Panelist**, SINCLIO – International Symposium of Clinical Ophthalmology, Campinas, Brazil – **05/2017**

**Ophthalmic Assistant Training Program – Course Faculty & Session Coordinator**, SINCLEC – Convention of Clinicians of Campinas, Campinas, Brazil – **1999; 2005**

**Course for Ophthalmic Assistants – Instructor/Organizer**, SINCLEC, Campinas, Brazil – **08/1999**

**Ocular Surface Panel – Panel Coordinator**, SINCLEC, Campinas, Brazil – **08/1999**

**“Live Demonstration of Cosmetic Botulinum Toxin Application” – Invited Speaker**, IX International Symposium of Cataract and Intraocular Lens Surgery, São Paulo, Brazil – **03/2003**

**Course Coordinator – “Use of Botulinum Toxin in Ophthalmology”**, IX International Symposium of Cataract and Intraocular Lens Surgery (UNICAMP Ophthalmology Seminar), Brazil – **03/2003**

**Course Coordinator – “Use of Botulinum Toxin in Ophthalmology”**, XI International Symposium of Cornea and Contact Lenses (UNICAMP Ophthalmology Seminar), Brazil – **03/2004**

**Speaker – “Ophthalmologist’s Daily Practice: Oculoplastics”**, XI International Symposium of Cornea and Contact Lenses (UNICAMP Ophthalmology Seminar), Brazil – **03/2004**

**Speaker**, X SINCLIO (pre-congress program), UNICAMP Ophthalmology Seminar – **03/2005**

**Table/Session Chair – Ophthalmic Assistants Course (“Clinic Administration Support”)**, X SINCLIO – **03/2005**

**Module Coordinator – “Intermediate Assistants Course (Block 1): Glaucoma”**, XII SINCLEC – **05/2006**

**General Coordinator – Ophthalmic Assistants Symposium (Basic Block 1: Introduction to Ophthalmology), UNICAMP Ophthalmology Congress / SINCLIO – 04/2007**

**General Coordinator – Ophthalmic Assistants Symposium (Advanced Blocks : Operating Room Support, Specialized Complementary Exams, Innovations in Ophthalmology and Contact Lens Course), UNICAMP Ophthalmology Congress / SINCLIO – 04/2007**

**Course Coordinator – Ophthalmic Assistants Course A2 (Cataract and Contact Lenses), XIII SINCLEC – 05/2008**

**Course Coordinator – Ophthalmic Assistants Course A3 (Retina and Oculoplastics), XIII SINCLEC – 05/2008**

**Course Coordinator – Ophthalmic Assistants Course, XII SINCLIO – 10/2009**

Advanced Training & International Courses

**Observership – Orbital, Eyelid & Lacrimal Surgery Service, University of California, Irvine (UCI), USA – 2024**

**Observership – Orbit, Oculoplastics & Lacrimal System Service, University of Buenos Aires, Argentina – 2016**

**Advanced Oculofacial Surgery Program, University of California, San Diego (Shiley Eye Institute), La Jolla, USA – Scheduled 02/2026**

**ASOPRS Annual Scientific Symposium, American Society of Ophthalmic Plastic and Reconstructive Surgery, Chicago, USA – 10/2024**

**31st International Oculoplastic Congress (CIOP/CIEPO) – 06/2024**

**Course: Eyebrow Techniques (Periocular Aesthetics), CIOP/CIEPO / International Congress of Periocular Aesthetics – 06/2024**

**Face Anatomy – Hands-On: Eyelid Techniques, ITC Belo Horizonte, Brazil – 06/2025**

**Advanced Course in Oculoplastic Surgery, Hospital Paranaense de Otorrinolaringologia, Brazil – 10/2015**

**Periocular Rejuvenation Hands-On Workshop, ISMD (Instituto Superior de Medicina), Brazil – 03/2018**

**American Academy of Ophthalmology (AAO) Annual Meeting, USA – 10/1999**

Ophthalmology Congresses & seminars

**V International Symposium of Cataract and Intraocular Lens, São Paulo, Brazil – 03/1995**

**International Symposium of Oculoplastic Surgery, Orbit and Lacrimal System, Campinas, Brazil – 05/1996**

**International Symposium of Ocular Immunology, Uveitis and AIDS / National Forum on Uveitis / Ophthalmic Photography Module, São Paulo, Brazil – 06/1996**

**XII Brazilian Congress on Prevention of Blindness / I Pan-American Congress on Prevention of Blindness, São Paulo, Brazil – 09/1996**

**VII International Symposium of Cornea and Contact Lenses, São Paulo, Brazil – 03/1997**

**VII Course: Diagnosis and Management of Strabismus / XLIII Meeting of the Brazilian Center of Strabismus, Campinas, Brazil – 05/1997**

**VI International Symposium of Cataract and Intraocular Lens, São Paulo, Brazil – 03/1998**

**VIII Symposium: Diagnosis and Management of Strabismus / XLV Meeting of the Brazilian Center of Strabismus, Campinas, Brazil – 06/1998**

**VIII International Symposium of Cornea and Contact Lenses / VII International Symposium of Cataract and Intraocular Lenses, São Paulo, Brazil – 03/1999**

**American Academy of Ophthalmology & Pan-American Academy of Ophthalmology, USA – 10/1999**

**III International Glaucoma Course (UNICAMP Ophthalmology Seminar) – 07/2000**

**Endoscopic Nasal Surgery in Lacrimal System Disorders, UNICAMP Ophthalmology Seminar – 03/2001**

**X International Symposium of Cornea and Contact Lenses (UNICAMP Ophthalmology Seminar) – 03/2002**

**XV Brazilian Congress on Prevention of Blindness and Visual Rehabilitation, Brazil – 08–09/2002**

**XXXII Brazilian Congress of Ophthalmology, Brazil – 09/2003**

**Pre-Symposium of XII SINCLEC (Cornea & Contact Lenses; International Glaucoma Course; Ibero-American Glaucoma Symposium) – 05/2006**

**XII SINCLEC (Cornea & Contact Lenses; International Glaucoma Course; Ibero-American Glaucoma Symposium) – 05/2006**

**Advanced International Course in Oculoplastic Surgery (theory + hands-on), Hospital Paranaense de Otorrinolaringologia – 10/2015**

**47th SIMASP / “Oftalmo Escola” Congress, São Paulo, Brazil – 02/2025**

## CERTIFICATIONS

October 2025

**Ad-hoc Reviewer Certification, Arquivos Brasileiros de Oftalmologia (ABO)**

January 1998

**Specialist in Ophthalmology, Brazilian Council of Ophthalmology (CBO)**

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## PROFESSIONAL LICENSE

**Regional Medical Council of the State of São Paulo (CREMESP)**

- **Registration (CRM-SP):** 84268
  - **Specialist Registry (RQE):** 107581 – Ophthalmology
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## AWARDS & HONORS

January 1996

**Professor Nilo Cairo Academic Award, Federal University of Paraná (UFPR) | Curitiba, PR, Brazil**

- The highest academic distinction awarded by the Health Sciences Sector at UFPR. It is granted annually to only one graduating student who achieves the highest cumulative grade point average (GPA) throughout the entire medical course.

October 2024

**Certificate of Merit for 25 Years of Medical Service, São Paulo State Medical Council (CREMESP) | São Paulo, SP, Brazil**

- Official institutional recognition presented to physicians who have completed 25 years of professional practice with an unblemished ethical trajectory and consistent contribution to the prestige of the medical profession.
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## PUBLISHED ARTICLES

**“Study of Retrobulbar Blood Flow and Visual Field After a Single Oral Dose of Sildenafil (Viagra®)”**

- *Arquivos Brasileiros de Oftalmologia*, 2000 – São Paulo, Brazil.

### **“Renal Trauma: Diagnosis and Treatment”**

- *Revista Médica do Paraná*, Vol. 52 (1/2), pp. 15-20, Jan–Jun 1995 – Curitiba, PR, Brazil.

### **“Shock”**

- *Boletim Informativo da Biblioteca do Setor de Ciências da Saúde*, Vol. 23 (5/6), pp. 1-10, May–Jun 1993 – Curitiba, PR, Brazil.

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## **PUBLISHED MEDIA**

### **Interview: “Blepharoplasty: Functional and Aesthetic Indications”**

- *Band Mulher Program*, TV Band (National Broadcast) - December 17, 2025 – São Paulo, SP, Brazil

Social Media: @bandtv

### **Interview: “Eye Health and Ocular Pruritus (Itching)”**

- *Tha Com Tudo Program*, Rede Tati / TV Record (National Broadcast) - December 4, 2025 – Campinas, SP, Brazil

Social Media: @thacomtudo\_campinas

### **Interview: “Ocular Health and Patient Education Strategies”**

- *Painel Program*, Rádio Magnificat FM 103.5 MHz - December 4, 2025 – Campinas, SP, Brazil

Social Media: @magnificatfm

### **Interview: “Surgical Safety and Perioperative Care in Blepharoplasty”**

- *Manhã Brasil Program*, Rádio Brasil Campinas - November 24, 2025 – Campinas, SP, Brazil

Social Media: @radiobrasilcampinas

### **Feature: “Voices of the City – I Am Campinas”**

- *Revista D’Luxe*, Year 17, Issue 73, Page 38 - 2023 – Campinas, SP, Brazil

## **VOLUNTEER WORK**

### **Hospital de Clínicas – UNICAMP | Campinas, SP, Brazil**

#### **Volunteer Ophthalmologist & Surgical Supervisor**

1999 – 2007; 2018 – 2019

- Provided direct surgical supervision for ophthalmology residents in training, focusing on lacrimal surgery (DCR), canalicular repair, eyelid reconstruction, ptosis management, and eyelid tumor surgery, as well as cataract surgery. Responsible for hands-on surgical training in hundreds of operations over the period.

### **Hospital de Clínicas – UNICAMP / Lions Eye Hospital | Campinas & Taquaritinga, SP, Brazil**

#### **Volunteer Ophthalmic Surgeon – Cataract Projects**

1996 – 2000

- Volunteer surgeon in cataract projects organized by the Ministry of Health and university partners (UNICAMP and Lions Eye Hospital), providing free surgical care, preoperative evaluation, and postoperative follow-up to underserved populations.

### **ONG Sírius | Campinas, SP, Brazil**

#### **Social Assistance Volunteer**

2023 – Present

- Weekly volunteer work providing essential supplies, food, beverages, clothing, and blankets to homeless and socially vulnerable populations in the city of Campinas.

### **UNICAMP Preventive Ophthalmology Unit + Rotary Club | Atibaia, SP, Brazil**

#### **Volunteer Ophthalmologist – “Meninas dos Olhos de Atibaia” Program**

2025

- Participated in community ophthalmology screening and care programs focused on visual health education and early diagnosis in the local population.

### **Brazilian Council of Ophthalmology (CBO) | Campinas, SP, Brazil**

#### **Volunteer – National Visual Rehabilitation Campaign “Olho no Olho”**

2001

- Volunteer in a national campaign for visual screening and public education on eye health, aimed at preventing blindness and promoting ocular care.

**Curitiba Eye Bank | Curitiba, PR, Brazil**  
**Volunteer – Corneal Donation Campaign**

1993

- Volunteer in public awareness campaigns and donor recruitment to support corneal transplantation services and eye bank activities.

**União dos Gakusseis de Curitiba | Andirá & Curitiba, PR, Brazil**  
**Community Health Volunteer**

1991 – 1994

- Participated in the Scientific and Cultural Caravan (1991) and the First Health Week (1994), providing community health support and promoting health education in various regions.

**Ministry of Health | Brazil**  
**Volunteer – EBID (Brazilian Incidence Study of Diabetes)**

1992 – 1993

- Volunteer in a nationwide epidemiological study on diabetes mellitus, contributing to data collection and coordination of chronic disease screening.

**Municipality of Araucária | Araucária, PR, Brazil**  
**Coordinator – “Diabetes Day” Community Event**

1993

- Organized and coordinated a community health event focused on diabetes education and screening for the local population.

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**PARTICIPATION IN RESEARCH & MULTICENTER STUDIES**

**Allergan – Bimatoprost SR Study (Protocol 192024-091) | Site 11207**  
Sub-Investigator

2016

- Participated as sub-investigator in a multicenter, randomized, masked, parallel-group clinical trial evaluating the efficacy and safety of Bimatoprost SR in patients with open-angle glaucoma or ocular hypertension, comparing two dose strengths against timolol eye drops over a period of up to 20 months.

**Allergan – Bimatoprost SR Long-Term Extension Study (CG2782-BR002)**  
Sub-Investigator

2019

- Participated as sub-investigator in the long-term extension phase of the Bimatoprost SR clinical trial, contributing to the evaluation of sustained efficacy and safety outcomes in glaucoma patients.
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## **INTERNATIONAL CLINICAL OBSERVERSHIPS**

**February 2024 – March 2024**

**Clinical Observer, Orbital, Eyelid & Lacrimal Surgery Service**

University of California, Irvine (UCI) | Irvine, CA, USA

- Supervised by Prof. Dr. Jeremiah Tao, focusing on advanced oculofacial surgical techniques and clinical management of complex orbital cases.

**2016**

**Clinical Observer, Orbit, Oculoplastics & Lacrimal System Sector**

University of Buenos Aires (UBA) | Buenos Aires, Argentina

- Supervised by Prof. Dr. Daniel Weil, focusing on specialized surgical approaches and oculoplastic reconstruction.
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## **OTHER SKILLS**

**Clinical Leadership & Public Health Management:** Extensive experience in managing high-volume public health outpatient services, optimizing clinical workflows, and implementing triage protocols to improve healthcare efficiency in municipal networks.

**Surgical Mentorship & Medical Education:** Proven track record in teaching and supervising medical residents in complex oculoplastic, lacrimal, and cataract procedures at a major university teaching hospital (UNICAMP).

**Clinical Research & Peer Review:** Expertise in international multicenter clinical trials (Allergan) and active contribution as an ad-hoc reviewer for indexed scientific journals (Arquivos Brasileiros de Oftalmologia).

**Advanced Surgical Proficiency:** Specialized skills in functional and aesthetic blepharoplasty, dacryocystorhinostomy (DCR), and management of complex ocular surface diseases.

**Digital Health & Protocols:** Proficient in electronic medical records (EMR) and contributor to official clinical access protocols for municipal health systems.

**Languages:** Portuguese (Native), English (Professional Working Proficiency).

## Contato

[www.linkedin.com/in/patricia-santello-akaishi](http://www.linkedin.com/in/patricia-santello-akaishi) (LinkedIn)

## Principais competências

Assistência médica

# Patricia Akaishi

Cirurgiã Oculoplástica  
Ribeirão Preto, São Paulo, Brasil

## Experiência

HCFMRP USP  
Cirugia Oculoplástica  
novembro de 2004 - Present (21 anos 2 meses)

King khaled Eye Specialist Hospital  
Consultor sênior  
2013 - 2015 (2 anos)

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## Formação acadêmica

Hospital das Clínicas da Faculdade de Medicina de Ribeirão Preto  
Doctor of Philosophy - PhD, Ciências da Saúde · (2001 - 2005)

Universidade Estadual de Campinas  
Residência médica, Programa de Residência Médica -  
Oftalmologia · (1997 - 2000)

UEL - Universidade Estadual de Londrina  
Medicina · (1990 - 1996)

Patricia Mitiko Santello Akaishi  
Oculoplastic Surgeon  
Clinical Hospital of School of Medicine of Ribeirão Preto. University of São Paulo  
Former President of SBCPO – Sociedade Brasileira de Cirurgia Plastica Ocular  
Av Bandeirantes, 3900, Ribeirao Preto, São Paulo, Brazil  
Zip code: 14015-010  
akaishi@hcrp.usp.br  
+55-16-3602-2523

March 08, 2026

To Whom It May Concern,

I am writing to provide my strong endorsement of Dr. Alessandra Kurahashi Dantas in support of her application for an EB-1A visa based on her ability in the field of ophthalmology. I have known Dr. Dantas since our ophthalmology residency at the University of Campinas (UNICAMP), where we worked within the same academic environment. During her residency, Dr. Dantas distinguished herself through her knowledge of ophthalmology and her ability to share that knowledge with colleagues.

Over the years, we have continued to meet at ophthalmology and oculoplastic surgery congresses and professional courses. I have followed her career and observed her consistent commitment to responsible patient care and sound clinical practice. Because I shared clinical training with Dr. Dantas and have maintained professional contact with her over time, my relationship with her is best characterized as a professional relationship with prior direct collaboration, rather than that of a completely independent outside observer.

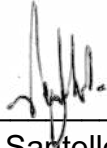
Throughout her career, Dr. Dantas has maintained a broad and responsible clinical practice in ophthalmology. Her work encompasses the medical and surgical management of oculoplastic conditions, as well as clinical care in glaucoma, retinal disorders, and pediatric ophthalmology. Over time, she has demonstrated sustained engagement in professional development and adherence to high standards of patient care. In my experience, these qualities are characteristic of dependable ophthalmologists who maintain long-term competence and solid professional standing within the field.

Dr. Dantas is a full member of the Brazilian Society of Oculoplastic Surgery (SBCPO), a reciprocal society of the American Society of Ophthalmic Plastic and Reconstructive Surgery (ASOPRS), indicating that she fulfilled all requirements for admission to this membership category. SBCPO has been affiliated with the Brazilian Council of Ophthalmology for more than 50 years. The society's admission

criteria include formal documentation such as professional certificates and letters of recommendation. Through this process, the society verified that Dr. Dantas satisfied the requirements for membership and that her professional background meets the standards expected of members in this category.

I am pleased to support Dr. Dantas's EB-1A petition and remain available to provide verification or any further clarification if required.

Sincerely,



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Patricia Mitiko Santello Akaishi, MD, PhD

**Name:** Maria Augusta Montenegro

**Date of birth:** March 30, 1972

**Phone:** 55 19 981987650 / **email:** mam99@health.ucsd.edu

**Medical School:** University of Campinas, Brazil (03/1990 to 11/1995)

**Residency in Pediatric Neurology:** University of Campinas, Brazil (2/1996 to 1/2000). Last year was a Fellowship in EEG and Epilepsy.

**PhD:** University of Campinas, Brazil (2/2000 to 2/ 2003)

**Research Fellowship:** Columbia University, New York, US (9/2006 to 6/2007)

**Research Fellowship:** Herscot Center for TSG / Massachusetts General Hospital (7/2007 to 10/2007) Harvard Medical School

**USMLE:** Step 1 (PASS 86), Step 2 CK (PASS 93), Step 2 CS (PASS), Step 3 (PASS 223)

**Visa Status:** Permanent Resident since 4/14/2022 (Green Card, USCIS# 067-711-227)

**California Medical License:** A199057

**CT Medical License:** 83149

### **Academic Appointments**

1/2005 to 5/2007: Assistant Professor at University of Campinas, Brazil

06/2006 to 10/2007: Post Doctoral Research Fellowship

1/2008 to 6/2022: Private Practice (pediatric neurology and EEG).

01 2009 to 06/2022: Assistant Professor at University of Campinas, Brazil 2/2006 to 6/2022

1/2017 to the 6/2022: Chief of Pediatric Neurology at University of Campinas, Brazil

**8/2022 to 6/2025:** University of California San Diego / Rady Children's Hospital (Clinical Professor).

**7/2025:** Yale University (Clinical Professor).

### **Journal Reviewer:**

Epilepsy & Behavior

Journal Child Neurology

## PAPERS PUBLISHED

Layton A, Sattar S, Jong RM, Yang JH, Gold J, Zimbric M, Bui J, Sahagian M, Kim-McManus O, Frederick A, Guido-Estrada N, Anuja Jindal A, Wiegand S, Dove K, Sweat M, Nespeca M, Montenegro MA. *Vigabatrin Versus ACTH After High Dose Prednisolone Failure for the Treatment of Epileptic Spasms*. *J Child Neurology* 2025, in press

Montenegro MA, Tsuha M, Sattar S. Incidental interictal epileptiform discharges in infants with nonepileptic events. *Epilepsia*. 2025 May 20. doi: 10.1111/epi.18461.

Montenegro MA, Valente KD, Soldatelli MD, Sampaio LB, Pinto AL. Epilepsy surgery in patients with Sturge-Weber Syndrome. *Epilepsy Behav* 2025 Apr;165:110312.

Pinto AL, Montenegro MA, Valente K, Sampaio LB. Ketogenic diet therapy for epilepsy: Clinical pearls. *Epilepsy Behav* 2024;161:110091.

Montenegro MA, Vincentiis S, Valente KD. Epilepsy associated with chromosomal disorders. *Epilepsy Behav* 2025;167:110360.

Trivedi AM, Montenegro MA, Gonda D, Kim-McManus O, Rismanchi N, Frederick A, Guido-Estrada N, MD; Jindal A; Sattar S. Laser interstitial thermal therapy for the treatment of mesial temporal lobe epilepsy in children. *J Child Neurology* 2025;40:342-347.

Valente KD, Melo F, Marin R, Vega G, Neves-Borg A, Spagnol B, Montenegro MA, Vincentiis S. The long odyssey for the DEE-CDKL5 diagnosis: A call for action. *Epilepsia Open* 2024;9:2164-72.

Montenegro MA, Valente K. EEG in focal and generalized epilepsies: Pearls and perils. *Epilepsy Behav* 2024;156:109825.

Benevides ML, de Moraes HT, Granados DMM, Bonadia LC, Sauma L, Montenegro MA, Guerreiro MM, Lopes-Cendes Í, Carolina AC. Predictors of genetic diagnosis in individuals with developmental and epileptic encephalopathies. *Epilepsy Behav* 2024;155:109762.

Oppenheim HA, Montenegro MA. Desenvolvimento de kinky hair na doença de Menkes. *Arq Neuropsiquiatr* 2024;82:1-2.

Sampaio LPB, Henriques-Souza AMM, Silveira MRMD, Seguti L, Santos MLSF, Montenegro MA, Antoniuk S, Manreza MLG. Brazilian experts' consensus on the treatment of infantile epileptic spasm syndrome in infants. *Arq Neuropsiquiatr* 2023 Sep;81:844-856.

de Brito Sampaio LP, Henriques-Souza AMM, Lin K, Neri LCL, Inuzuka LM, Uchôa LIL, Gregório MMO, Guilhoto LM, Montenegro MA, Lunardi M, Veiga M, de Lima PA, Braatz V. Ketogenic therapy in childhood and adolescence: recommendations of the Brazilian experts group. *Arq Neuropsiquiatr* 2023;81:597-606.

Avansini SH, Puppo F, Adams JW, Vieira AS, Coan AC, Rogerio F, Torres FR, Araújo PAOR, Martin M, Montenegro MA, Yasuda CL, Tedeschi H, Ghizoni E, França AFEC, Alvim MKM, Athié MC, Rocha CS, Almeida VS, Dias EV, Delay L, Molina E, Yaksh TL, Cendes F, Lopes Cendes I, Muotri AR. Junctional instability in neuroepithelium and network hyperexcitability in a focal cortical dysplasia human model. *Brain* 2022 30;145:1962-77.

Gonsales MC, Montenegro MA, Preto P, Guerreiro MM, Coan AC, Quast MP, Carvalho BS, Lopes-Cendes I. Multimodal Analysis of *SCN1A* Missense Variants Improves Interpretation of Clinically Relevant Variants in Dravet Syndrome. *Front Neurol* 2019;28;10:289

Montenegro MA, Novais A, Hirsch LJ. How long would it take to try all the antiepileptic drugs available? *Epilepsy Res* 2019;154:77-78.

Montenegro MA, Cardinalli IA, Daiggi CAM. Severe bilateral cervical lymphadenomegaly associated with ethosuximide. *J Pediatric Epilepsy* 2020, in press.

Lima EM, Rzezak P, Montenegro MA, Guerreiro MM, Valente KDR. Social cognition in childhood epilepsy with centrotemporal spikes. *Seizure*. 2020 May;78:102-108.

Figueiredo AA, Lomazi EA, Montenegro MA, Bellomo-Brandão MA. Quality of life in caregivers of pediatric patients with cerebral palsy and gastrostomy tube feeding. *Arq Gastroenterol* 2020;57:3-7.

Gonsales MC, Montenegro MA, Preto P, Guerreiro MM, Coan AC, Quast MP, Carvalho BS, Lopes-Cendes I. Multimodal Analysis of *SCN1A* Missense Variants Improves Interpretation of Clinically Relevant Variants in Dravet Syndrome. *Front Neurol* 2019;10:289.

Lima EM, Rzezak P, Dos Santos B, Gentil L, Montenegro MA, Guerreiro MM, Valente KD. The relevance of attention deficit hyperactivity disorder in self-limited childhood epilepsy with centrotemporal spikes. *Epilepsy Behav*. 2018;82:164-9.

Caselli TB, Lomazi EA, Montenegro MAS, Bellomo-Brandão MA. Comparative study on gastrostomy and orally nutrition of children and adolescents with tetraparesis cerebral palsy. *Arq Gastroenterol* 2017;54:292-6.

Vieira Neto RJ, Teixeira KCS, Guerreiro MM, Montenegro MA. Paranasal Sinus Disease in Children With Headache. *J Child Neurol*. 2017;32:1014-7.

Caselli TB, Lomazi EA, Montenegro MAS, Bellomo-Brandão MA. Assessment of nutritional status of children and adolescents with spastic quadriplegic cerebral palsy. *Arq Gastroenterol*. 2017;54(3):201-205.

Chu-Shore CJ, Major P, Montenegro M, Thiele E. Cyst-like tubers are associated with *TSC2* and epilepsy in tuberous sclerosis complex. *Neurology* 2009;72:1165-9.

Lizcano A, Carrico L, Barbosa P, Carvalho MI, Yasuda C, Montenegro MA, Guerrriro MM, Guerreiro C, Cendes F. EEG and magnetic resonance imaging abnormalities in patients with acute limbic encephalitis. *Journal of Epilepsy and Clinical Neurophysiology* 2011;17:133-9.

Aquino EA, Montenegro MA, Guerreiro CA, Guerreiro MM. Farmacovigilância: análise comparativa dos eventos adversos das drogas antiepilépticas na infância. *J Epilepsy Clin Neurophysiol* 2005;11:15-18.

Chu-Shore CJ, Major P, Montenegro M, Thiele E. Cyst-like tubers are associated with TSC2 and epilepsy in tuberous sclerosis complex. *Neurol Neurosurg Psychiatry* 2006;77:367-71.

Lima EM, Rzezak P, Guimaraes CA, Montenegro MA, Guerreiro MM, Valente KD. The executive profile of children with Benign Epilepsy of Childhood with Centrotemporal Spikes and Temporal Lobe Epilepsy. *Epilepsy Behav* 2017;72:173-177.

Gonsales MC, Montenegro MA, Soler CV, Coan AC, Guerreiro MM, Lopes-Cendes I. Recent developments in the genetics of childhood epileptic encephalopathies: impact in clinical practice. *Arq Neuropsiquiatr* 2015;73:946-58.

Akinaga K, Lee TY, Montenegro MA. Pelizaeus Merzbacher disease: dysmyelination versus demyelination. *Arq Neuropsiquiatr* 2016;74:81.

Sauma L, Teixeira KC, Montenegro MA. Ataxia telangiectasia. *Arq Neuropsiquiatr* 2015;73:638.

Montenegro MA. Teaching video NeuroImages: tongue fasciculations in spinal muscular atrophy. *Neurology* 2015;84:e77.

Reis F, Kido RY, Mesquita JA, Oshima MM, Montenegro MA. Megalencephalic leukoencephalopathy with subcortical cysts (MLC) - a case with clinical and magnetic resonance imaging (MRI) dissociation. *Arq Neuropsiquiatr*. 2015;73:171-2.

Guimaraes CA, Rzezak P, Fuentes D, Franzon RC, Montenegro MA, Cendes F, Valente KD, Guerreiro MM. Memory in children with symptomatic temporal lobe epilepsy. *Arq Neuropsiquiatr*. 2014;72:184-9.

Duran MH, Guimaraes CA, Montenegro MA, Neri ML, Guerreiro MM. ADHD in idiopathic epilepsy. *Arq Neuropsiquiatr*. 2014;72:12-6.

Teixeira KC, Montenegro MA, Guerreiro MM. Migraine equivalents in childhood. *J Child Neurol*. 2014;29:1366-9.

Capelatto LL, Oliveira EP, Neri ML, Guimaraes CA, Montenegro MA, Guerreiro MM. Clinical and neuropsychological correlation in patients with rolandic epilepsy. *Arq Neuropsiquiatr*. 2012;70:691-3.

Neri ML, Guimaraes CA, Oliveira EP, Duran MH, Medeiros LL, Montenegro MA, Boscarol M, Guerreiro MM. Neuropsychological assessment of children with

rolandic epilepsy: executive functions. *Epilepsy Behav.* 2012;24:403-7.

Numis AL, Major P, Montenegro MA, Muzykewicz DA, Pulsifer MB, Thiele EA. Identification of risk factors for autism spectrum disorders in tuberous sclerosis complex. *Neurology.* 2011;76:981-7.

Montenegro MA, Rathore C, Bansal A, Baheti NN, Kesavadas C. Teaching Neuroimages: adrenoleukodystrophy presenting as raised intracranial pressure. *Neurology.* 2010;75:2254.

Gallagher A, Chu-Shore CJ, Montenegro MA, Major P, Costello DJ, Lyczkowski DA, Muzykewicz D, Doherty C, Thiele EA. Associations between electroencephalographic and magnetic resonance imaging findings in tuberous sclerosis complex. *Epilepsy Res.* 2009;87:197-202.

Akman CI, Montenegro MA, Jacob S, Eck K, McBrien D, Chiriboga CA, Patterson MC. Subclinical seizures in children diagnosed with localization-related epilepsy: clinical and EEG characteristics. *Epilepsy Behav.* 2009;16:86-98.

Boscarol M, Garcia VL, Guimaraes CA, Hage SR, Montenegro MA, Cendes F, Guerreiro MM. Auditory processing disorders in twins with perisylvian polymicrogyria. *Arq Neuropsiquiatr.* 2009;67:499-501.

Akman CI, Montenegro MA, Jacob S, Eck K, Chiriboga C, Gilliam F. Seizure frequency in children with epilepsy: factors influencing accuracy and parental awareness. *Seizure.* 2009;18:524-9.

Boscarol M, Garcia VL, Guimaraes CA, Montenegro MA, Hage SR, Cendes F, Guerreiro MM. Auditory processing disorder in perisylvian syndrome. *Brain Dev.* 2010;32:299-304.

Montenegro MA, Arif H, Nahm EA, Resor SR Jr, Hirsch LJ. Efficacy of clobazam as add-on therapy for refractory epilepsy: experience at a US epilepsy center. *Clin Neuropharmacol.* 2008;31:333-8.

Brandaõ-Almeida IL, Hage SR, Oliveira EP, Guimaraes CA, Teixeira KC, Abramides DV, Montenegro MA, Santos NF, Cendes F, Lopes-Cendes I, Guerreiro MM. Congenital bilateral perisylvian syndrome: familial occurrence, clinical and psycholinguistic aspects correlated with MRI. *Neuropediatrics.* 2008;39:139-45.

Montenegro MA, Eck K, Jacob S, Cappell J, Chiriboga C, Emerson R, Patterson MC, Akman CI. Long-term outcome of symptomatic infantile spasms established by video-electroencephalography (EEG) monitoring. *J Child Neurol.* 2008;23:1288-92.

Buffo TH, Guerreiro MM, Tai P, Montenegro MA. Seizure related accidents and injuries in childhood. *Arq Neuropsiquiatr.* 2008;66:458-61.

Staley BA, Montenegro MA, Major P, Muzykewicz DA, Halpern EF, Kopp CM, Newberry P, Thiele EA. Self-injurious behavior and tuberous sclerosis complex:

frequency and possible associations in a population of 257 patients. *Epilepsy Behav.* 2008;13:650-3.

Montenegro MA, Sproule D, Mandel A, Cappell J, Chiriboga CA, Jacob S, Eck K, Patterson MC, Akman CI. The frequency of non-epileptic spells in children: results of video-EEG monitoring in a tertiary care center. *Seizure.* 2008;17:583-7.

Tsuneda SS, Torres FR, Montenegro MA, Guerreiro MM, Cendes F, Lopes-Cendes I. A new missense mutation found in the FLNA gene in a family with bilateral periventricular nodular heterotopia (BPNH) alters the splicing process. *J Mol Neurosci.* 2008;35:195-200.

Oliveira EP, Hage SR, Guimaraes CA, Brandaõ-Almeida I, Lopes-Cendes I, Guerreiro CA, Teixeira KC, Montenegro MA, Cendes F, Guerreiro MM. Characterization of language and reading skills in familial polymicrogyria. *Brain Dev.* 2008;30:254-60.

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  - déficit de atenção. Montenegro MA (ed). Pontes 2017:45-52.
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  - específico da linguagem. In: Nem tudo é déficit de atenção. Montenegro MA
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  - déficit de atenção. Montenegro MA (ed). Pontes 2017:81-4.
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## Handbook of Pediatric Case Series

Malformations of Cortical Development In: Montenegro MA, Rho J (eds). Handbook of Pediatric Case Series, Taylor & Francis, <i>in press</i> .	<i>Marilisa Guerreiro, MD, PhD</i> <i>Maria A. Montenegro, MD, PhD</i>
Self-Limited Neonatal Epilepsy Syndromes In: Montenegro MA, Rho J (eds). Handbook of Pediatric Case Series, Taylor & Francis, <i>in press</i> .	<i>Maria A. Montenegro, MD, PhD</i> <i>Jong Rho, MD</i>
Childhood Occipital Visual Epilepsy In: Montenegro MA, Rho J (eds). Handbook of Pediatric Case Series, Taylor & Francis, <i>in press</i> .	<i>Maria A. Montenegro, MD, PhD</i>
Photosensitive Occipital Lobe Epilepsy In: Montenegro MA, Rho J (eds). Handbook of Pediatric Case Series, Taylor & Francis, <i>in press</i> .	<i>Maria A. Montenegro, MD, PhD</i>

Rasmussen Encephalitis In: Montenegro MA, Rho J (eds). Handbook of Pediatric Case Series, Taylor & Francis, <i>in press</i> .	<i>Maria A. Montenegro, MD, PhD</i>
Juvenile Absence Epilepsy In: Montenegro MA, Rho J (eds). Handbook of Pediatric Case Series, Taylor & Francis, <i>in press</i> .	<i>Maria A. Montenegro, MD, PhD</i>
Reflex Epilepsy In: Montenegro MA, Rho J (eds). Handbook of Pediatric Case Series, Taylor & Francis, <i>in press</i> .	<i>Maria A. Montenegro, MD, PhD</i>

## Making Sense of Pediatric EEG

<p>Basic Principles In: Montenegro MA (ed). Making Sense of Pediatric EEG, Taylor &amp; Francis, <i>in press</i>.</p>	<p><i>Michaela A. Castello, MD, PhD</i> <i>Maria Augusta Montenegro, MD, PhD</i> <i>Jong Rho, MD</i></p>
<p>Artifacts In: Montenegro MA (ed). Making Sense of Pediatric EEG, Taylor &amp; Francis, <i>in press</i>.</p>	<p><i>Maria Augusta Montenegro, MD, PhD</i></p>
<p>Activation Procedures In: Montenegro MA (ed). Making Sense of Pediatric EEG, Taylor &amp; Francis, <i>in press</i>.</p>	<p><i>Olivia Kim-McManus, MD</i> <i>Maria Augusta Montenegro, MD, PhD</i></p>
<p>Normal Variants In: Montenegro MA (ed). Making Sense of Pediatric EEG, Taylor &amp; Francis, <i>in press</i>.</p>	<p><i>Mark Nespeca, MD</i> <i>Maria Augusta Montenegro, MD, PhD</i></p>
<p>Neonatal EEG In: Montenegro MA (ed). Making Sense of Pediatric EEG, Taylor &amp; Francis, <i>in press</i>.</p>	<p><i>Jeffrey Gold, MD, PhD</i> <i>Maria Augusta Montenegro, MD, PhD</i></p>
<p>Normal Awake EEG In: Montenegro MA (ed). Making Sense of Pediatric EEG, Taylor &amp; Francis, <i>in press</i>.</p>	<p><i>Aliya Frederick, MD, PhD</i> <i>Maria Augusta Montenegro, MD, PhD</i></p>
<p>Normal Sleep EEG In: Montenegro MA (ed). Making Sense of Pediatric EEG, Taylor &amp; Francis, <i>in press</i>.</p>	<p><i>Maria Augusta Montenegro, MD, PhD</i></p>
<p>Non-Epileptiform Abnormalities In: Montenegro MA (ed). Making Sense of Pediatric EEG, Taylor &amp; Francis, <i>in press</i>.</p>	<p><i>Brittany Sprigg, MD</i> <i>Maria Augusta Montenegro, MD, PhD</i></p>
<p>Focal Epilepsy Syndromes In: Montenegro MA (ed). Making Sense of Pediatric EEG, Taylor &amp; Francis, <i>in press</i>.</p>	<p><i>Shifteh Sattar, MD</i> <i>Maria Augusta Montenegro, MD, PhD</i></p>
<p>Generalized Epilepsy Syndromes In: Montenegro MA (ed). Making Sense of Pediatric EEG, Taylor &amp; Francis, <i>in press</i>.</p>	<p><i>Shifteh Sattar, MD</i> <i>Maria Augusta Montenegro, MD, PhD</i></p>
<p>Developmental and Epileptic Encephalopathies In: Montenegro MA (ed). Making Sense of Pediatric EEG, Taylor &amp; Francis, <i>in press</i>.</p>	<p><i>Jong Rho, MD</i> <i>Maria Augusta Montenegro, MD, PhD</i></p>
<p>Ictal Classification In: Montenegro MA (ed). Making Sense of Pediatric EEG, Taylor &amp; Francis, <i>in press</i>.</p>	<p><i>Neggy Rismanchi, MD, PhD</i> <i>Maria Augusta Montenegro, MD, PhD</i></p>
<p>EEG Report In: Montenegro MA (ed). Making Sense of Pediatric EEG, Taylor &amp; Francis, <i>in press</i>.</p>	<p><i>Brittany Sprigg, MD</i> <i>Maria Augusta Montenegro, MD, PhD</i></p>





January 20th, 2026

Re: Dr. Alessandra Kurahashi Dantas, MD

To Whom It May Concern,

My name is Maria Augusta Montenegro, PhD. I am a Pediatric Neurologist and Clinical Professor at the University of California, San Diego, affiliated with Rady Children's Hospital. I am writing to provide an independent professional assessment of Dr. Alessandra Kurahashi Dantas, MD; an ophthalmologist whose trajectory I have followed over many years. Although my specialty is neurology and I have not worked directly with Dr. Dantas, I am familiar with her professional standing and her clinical work within the medical community.

Dr. Dantas has performed outstanding public service as an ophthalmologist at the Health Department in the City of Campinas since August 1998. In a high-demand outpatient setting, her record reflects an ongoing care volume of approximately 240 patients per month, based on a regular work schedule of 20 hours per week. This volume of long-term patient reliance reflects sustained recognition of her skill, judgment, and outcomes within the medical community and among the patient population she serves. Her ability to maintain such a high level of clinical engagement over an extended period demonstrates that she plays a critical role in delivering ophthalmologic care.

In addition, Dr. Dantas has also distinguished herself in the field as a recognized reference for oculoplastic and lacrimal surgeries. Her record also reflects ongoing volunteer work with the non-governmental organization (ONG) "SÍrius" since 2023, providing weekly social assistance to vulnerable populations, which aligns with a broader pattern of service-oriented commitment beyond formal clinical duties.

In conclusion, Dr. Dantas's credentials, sustained clinical excellence, continuous public service within a high-demand municipal setting makes her an extraordinary ophthalmologist whose work has generated sustained recognition and meaningful, long-term impact in her field. Please feel free to contact me for any further details.

Sincerely,

A handwritten signature in black ink that reads "Maria Augusta Montenegro".

Maria Augusta Montenegro, PhD  
Pediatric Neurologist, Clinical Professor  
University of California, San Diego, Rady Children's Hospital  
mam99@health.ucsd.edu



## Carlos Eduardo Leite Arieta

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Última atualização do currículo em 31/08/2022

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## Identificação

### Nome

Carlos Eduardo Leite Arieta

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## Formação acadêmica/titulação

### 1995 - 1995

Doutorado em DOUTORADO EM  
NEUROCIENCIAS.  
Universidade Estadual de Campinas, UNICAMP,  
Brasil.  
Título: Sem Informação, Ano de obtenção:

1995.  
Orientador: Sem Informação.

### **1992 - 1992**

Mestrado em OFTALMOLOGIA.  
Escola Paulista de Medicina, EPM, Brasil.  
Título: Sem Informação, Ano de Obtenção:  
1992.  
Orientador: Sem Informação.

### **1976 - 1981**

Graduação em MEDICINA.  
Universidade Estadual de Campinas, UNICAMP,  
Brasil.

## Livre-docência

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### **2002**

Livre-docência.  
Universidade Estadual de Campinas (3),  
UNICAMP, Brasil.  
Título: Professor Associado, Ano de obtenção:  
2002.

## Atuação Profissional

---

Conselho Brasileiro de Oftalmologia, CBO, Brasil.

### **Vínculo institucional**

### **2007 - 2009**

Vínculo: Colaborador, Enquadramento  
Funcional: Coordenador

### **Outras informações**

Coordenador da Comissão para o Programa  
20/20

Universidade Estadual de Campinas, UNICAMP, Brasil.

### **Vínculo institucional**

### **2017 - Atual**

Vínculo: Servidor Público, Enquadramento  
Funcional: Professor titular, Carga horária: 24

### **Vínculo institucional**

### **2003 - Atual**

Vínculo: Celetista, Enquadramento Funcional:  
Professor Associado, Carga horária: 20

**Vínculo institucional**

**1988 - 2003**

Vínculo: Celetista, Enquadramento Funcional:  
Professor Doutor, Carga horária: 20

**Atividades**

**8/2006 - Atual**

Ensino, MEDICINA, Nível: Graduação

Disciplinas ministradas  
FM149 - Metodologia de Investigação em  
Oftalmologia

**08/2003 - Atual**

Ensino, Fisiopatologia Médica, Nível: Pós-  
Graduação

Disciplinas ministradas  
Metodologia de Investigação em Oftalmo-  
logia

**01/2000 - Atual**

Direção e administração, Faculdade de Ciências  
Médicas da UNICAMP, Departamento de  
Oftalmo e Otorrinolaringologia da  
FCM/UNICAMP.

Cargo ou função  
Participa da elaboração dos processos de  
licitação para Aquisição de Insumos para  
Cirurgia de Catarata e Vitrectomia.

**08/2003 - 11/2003**

Ensino, CIÊNCIAS MÉDICAS, Nível: Pós-  
Graduação

Disciplinas ministradas  
Metodologia de Investigação em Oftalmologia

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Ensino, Fisiopatologia Médica, Nível: Pós-  
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Ensino, Medicina Geral Comunitária, Nível: Pós-Graduação

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Ensino, Medicina Nuclear, Nível: Pós-Graduação

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Ensino, Mestrado em Ciências Médicas, Nível: Pós-Graduação

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Ensino, Farmacologia, Nível: Pós-Graduação

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**08/2002 - 11/2002**

Ensino, CIÊNCIAS MÉDICAS, Nível: Pós-Graduação

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Ensino, MEDICINA, Nível: Graduação

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Ensino, Fisiopatologia Médica, Nível: Pós-Graduação

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Metodologia de Investigação em Oftalmo- logia

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**08/2002 - 11/2002**

Ensino, Medicina Nuclear, Nível: Pós-Graduação

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Ensino, Oftalmologia, Nível: Pós-Graduação

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Metodologia de Investigação em Oftalmo- logia

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**08/2002 - 11/2002**

Ensino, Mestrado em Ciências Médicas, Nível: Pós-Graduação

Disciplinas ministradas  
Metodologia de Investigação em Oftalmologia

**08/2002 - 11/2002**

Ensino, Fisiopatologia Médica, Nível: Pós-Graduação

Disciplinas ministradas  
Metodologia de Investigação em Oftalmo- logia

**08/2002 - 11/2002**

Ensino, Farmacologia, Nível: Pós-Graduação

Disciplinas ministradas  
Metodologia de Investigação em Oftalmo- logia

**08/2001 - 11/2001**

Ensino, CIÊNCIAS MÉDICAS, Nível: Pós-Graduação

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**08/2001 - 11/2001**

Ensino, Fisiopatologia Médica, Nível: Pós-Graduação

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**08/2001 - 11/2001**

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**08/2001 - 11/2001**

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**08/2000 - 11/2000**

Ensino, MEDICINA, Nível: Graduação

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Ensino, Fisiopatologia Médica, Nível: Pós-  
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**08/1999 - 11/1999**

Ensino, Farmacologia, Nível: Pós-Graduação

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**08/1998 - 11/1998**

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**08/1998 - 11/1998**

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**08/1998 - 11/1998**

Ensino, Farmacologia, Nível: Pós-Graduação

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Metodologia de Investigação em Oftalmo- logia  
Programas Comunitários em Oftalmologia

**03/1998 - 06/1998**

Ensino, CIÊNCIAS MÉDICAS, Nível: Pós-  
Graduação

Disciplinas ministradas  
Módulo Moléstias Vasculares Periféricas  
Unidade de Terapia Intensiva  
Clínica Médica/Cardiologia  
Clínica Médica/Gastroenterologia  
Clínica Médica/Enfermaria de Emergência  
Clínica Médica/Pronto Socorro  
Clínica Médica/Enfermaria de Moléstias  
Infecciosas  
Clínica Médica/Ambulatório Geral de Mo- léstias  
Infecciosas  
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matologia  
Clínica Médica/Ambulatório de Anemias e  
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Clínica Médica/Enfermaria de Hematologia  
Ambulatório de Esterilidade II

**03/1998 - 06/1998**

Ensino, Fisiopatologia Médica, Nível: Pós-Graduação

Disciplinas ministradas  
Módulo Moléstias Vasculares Periféricas  
Unidade de Terapia Intensiva  
Clínica Médica/Cardiologia  
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**03/1998 - 06/1998**

Ensino, Medicina Geral Comunitária, Nível: Pós-Graduação

Disciplinas ministradas  
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**03/1998 - 06/1998**

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**03/1998 - 06/1998**

Ensino, Mestrado em Ciências Médicas, Nível:  
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### **03/1998 - 06/1998**

Ensino, Fisiopatologia Médica, Nível: Pós-  
Graduação

Disciplinas ministradas  
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### **03/1998 - 06/1998**

Ensino, Farmacologia, Nível: Pós-Graduação

Disciplinas ministradas  
Módulo Moléstias Vasculares Periféricas  
Unidade de Terapia Intensiva  
Clínica Médica/Cardiologia  
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Ensino, CIÊNCIAS MÉDICAS, Nível: Pós-Graduação

Disciplinas ministradas  
Metodologia de Investigação em Oftalmologia  
Programas Comunitários em Oftalmologia

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Ensino, Fisiopatologia Médica, Nível: Pós-Graduação

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Ensino, Medicina Geral Comunitária, Nível: Pós-Graduação

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Ensino, Otorrinolaringologia, Nível: Pós-Graduação

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**08/1997 - 11/1997**

Ensino, Mestrado em Ciências Médicas, Nível: Pós-Graduação

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Ensino, Farmacologia, Nível: Pós-Graduação

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**08/1996 - 11/1996**

Ensino, MEDICINA, Nível: Graduação

Disciplinas ministradas  
Oftalmologia

**03/1996 - 06/1996**

Ensino, MEDICINA, Nível: Graduação

Disciplinas ministradas  
Oftalmologia

**08/1995 - 11/1995**

Ensino, MEDICINA, Nível: Graduação

Disciplinas ministradas  
Oftalmologia

**08/1994 - 11/1994**

Ensino, MEDICINA, Nível: Graduação

Disciplinas ministradas  
Oftalmologia

**08/1993 - 11/1993**

Ensino, MEDICINA, Nível: Graduação

Disciplinas ministradas  
Oftalmologia

**08/1991 - 11/1991**

Ensino, MEDICINA, Nível: Graduação

Disciplinas ministradas  
Oftalmologia

**08/1990 - 11/1990**

Ensino, MEDICINA, Nível: Graduação

Disciplinas ministradas  
Oftalmologia

Faculdade de Ciências Médicas, FCM, Brasil.

**Vínculo institucional**

**2004 - Atual**

Vínculo: Professor Titular, Enquadramento  
Funcional: Membro do Conselho Depto. de  
Oftalmo/Otorrino

**Outras informações**

Atividade Administrativa Natureza Atividade:  
Membro de Conselho Descrição da Atividade:  
Membro do Conselho Departamental do Depto.  
de Oftalmo/Otorrino.

**Vínculo institucional**

**2014 - 2017**

Vínculo: Professor Titular, Enquadramento  
Funcional: Chefe da Disciplina de Oftalmologia

Hospital das Clínicas da UNICAMP, HC, Brasil.

## 2010 - Atual

Vínculo: Servidor Público, Enquadramento Funcional: Coordenador ambulatórios de Retina e Catarata

## Projetos de pesquisa

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### 2016 - 2018

Macular Phototoxicity After Corneal Cross-Linking

Descrição: Keratoconus is a degenerative disorder characterized by thinning of paracentral cornea and the presence of irregular astigmatism. It is a typically bilateral and asymmetrical condition, without preference for race or gender, that develops at puberty and progresses for about 10 to 20 years when presenting stabilization of the clinical picture. The treatment of keratoconus is based on the severity and extent of the irregular astigmatism and aims at improvement of visual acuity without, however, preventing the progression of the disease. The advent of Cross-linking with riboflavin and UVA light (CXL) has revolutionized the treatment of keratoconus to be a method to stop its progression. In the procedure, riboflavin (vitamin B2) absorbs UV light with a wavelength of 370nm and acts as a photo sensitizer which produces oxygen free radicals. These free radicals induce the formation of new crosslinks between the collagen fibers and fibrils which, in turn, increased the corneal rigidity and decrease and in some cases interrupt the progression of keratoconus. However, it is known that UV radiation is cytotoxic and generates oxygen reactive species that are potentially harmful to intraocular structures as endothelial cells, lens and retina. Although there are many studies on the effects of CXL in the anterior segment of the eye, the literature is poor in describing the possible retinal changes resulting from this procedure and, in spite of this fact, two distinct layers of the retina are highly susceptible to photochemical damage: the outer segments photoreceptors and retinal pigment epithelium (RPE). Thus, the aim of this study is to evaluate structurally and functionally the macular region after the therapeutic use of CXL in patients with keratoconus. FAPESP's process: 15/23237-1 - Macular Phototoxicity After Corneal Cross-Linking.

Situação: Concluído; Natureza: Pesquisa.

Integrantes: Carlos Eduardo Leite Arieta - Coordenador / BARBISAN, PAULO RODOLFO - Integrante.

### 2016 - 2018

FOTOTOXICIDADE MACULAR APOS CROSS-LINKING CORNEANO

Descrição: O ceratocone é uma desordem degenerativa caracterizada por afinamento da

córnea paracentral e pela presença de astigmatismo irregular. É uma condição tipicamente bilateral e assimétrica, sem preferência por raça ou sexo, que se desenvolve na puberdade e que progride por cerca de 10 a 20 anos quando apresenta estabilização do quadro clínico. O tratamento do ceratocone se baseia na gravidade e na extensão do astigmatismo irregular e visa a melhora da acuidade visual sem, entretanto, impedir a progressão da doença. O advento do Cross-linking com riboflavina e luz UVA (CXL) revolucionou o tratamento do ceratocone por ser um método capaz de interromper a sua progressão. No procedimento descrito, a riboflavina (vitamina B2) absorve a luz UVA com comprimento de onda de 370nm e age como foto sensibilizador que produz radicais livres de oxigênio. Esses radicais livres induzem a formação de novas ligações cruzadas entre as fibras e fibrilas de colágeno que, por sua vez, ampliam a rigidez corneana..  
Situação: Concluído; Natureza: Pesquisa.

Integrantes: Carlos Eduardo Leite Arieta - Coordenador / BARBISAN, PAULO RODOLFO - Integrante.

Financiador(es): Fundação de Amparo à Pesquisa do Estado de São Paulo - Auxílio financeiro.

## **2015 - 2021**

CRIAÇÃO DO BIOBANCO DE TECIDOS OCULARES E INVESTIGAÇÃO DE NOVOS MECANISMOS FISIOPATOLÓGICOS RELACIONADOS A DOENÇAS OCULARES DO SEGMENTO ANTERIOR.

Descrição: O presente projeto contempla dois objetivos principais: 1. A implementação de um banco de tecidos oculares para processamento e armazenamento de amostras e catalogação de registros de dados clínicos. 2. Estudo de possíveis mecanismos fisiopatológicos envolvidos em três prevalentes condições oculares, catarata, pterígio e olho seco. Métodos: implementação de um biobanco de tecidos oculares de acordo com normas vigentes no departamento de Oftalmologia da Unicamp, coleta de amostras de lágrima, pterígio e catarata para estudos de proteômica, metabolômica e stress oxidativo. Resultados esperados: a criação do primeiro banco de tecidos oculares permitirá a coleção, catalogação e armazenamento de amostras que serão disponibilizadas a comunidade científica para estudos nas diversas áreas relacionadas as doenças oculares. Os estudos sobre mecanismos fisiopatológicos relacionados as condições apontadas no projeto, buscam avaliar em nossa população mecanismos atuais e ainda pouco compreendidos.

Situação: Concluído; Natureza: Pesquisa.

Integrantes: Carlos Eduardo Leite Arieta - Integrante / Eduardo Melani Rocha - Integrante / José Paulo Cabral de Vasconcellos - Integrante / ALVES, MONICA - Coordenador.

## **2008 - 2010**

Estudo de alterações estruturais nos genes CRYGD, CRYAA e CRYGC em pacientes com catarata congênita

Descrição: A catarata congênita é a principal causa de cegueira reversível na infância, com prevalência de um a cinco casos por 10.000 nascidos vivos. A forma hereditária corresponde a 50% destes casos, sendo a forma de transmissão mais comum a autossômica dominante. As anomalias genéticas determinam alterações nas proteínas do cristalino: cristalinas, conexas, proteínas de transporte de membrana e proteínas de citoesqueleto. As cataratas nucleares e lamelares são as formas mais comuns entre as opacidades congênitas, e as alterações nos genes CRYGD, CRYAA e CRYGC são as mais relacionadas com esses tipos de catarata. O presente estudo tem como objetivo determinar as alterações estruturais nos genes CRYGD, CRYAA e CRYGC em pacientes com catarata congênita bilateral, formas nuclear e lamelar, do ambulatório de catarata congênita do Hospital das Clínicas (HC) da Faculdade de Ciências Médicas (FCM) da Unicamp..

Situação: Em andamento; Natureza: Pesquisa.  
Alunos envolvidos: Graduação: (1) /  
Especialização: (1) / Mestrado acadêmico: (1) .

Integrantes: Carlos Eduardo Leite Arieta -  
Coordenador / Mônica Barbosa de Melo -  
Integrante / Eugênio Santana de Figueirêdo -  
Integrante.

## Membro de corpo editorial

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### 2017 - Atual

Periódico: REVISTA BRASILEIRA DE  
OFTALMOLOGIA (IMPRESSO)

## Revisor de periódico

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### 2013 - Atual

Periódico: Eye & Contact Lens

### 2004 - Atual

Periódico: Revista de Ciências Médicas  
(PUCCAMP)

## Idiomas

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### Inglês

Compreende Bem, Fala Bem, Lê Bem, Escreve Bem.

### Espanhol

Compreende Bem, Fala Bem, Lê Bem, Escreve Bem.

## Prêmios e títulos

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### 2022

Vision Excellence Awards - Mencion a La Excelencia, Reunión de la IAPB.

**2021**

Arvo 2021 - Apresentação Internacional com o trabalho: Prevenção de Cegueira na Unicamp, ARVO 2021 Annual Meeting.

**2019**

Antônio Champalimaud Vision Award, Champalimaud Foundation | Champalimaud Centre for the Unknown.

**2019**

Achievement Award, American Academy of Ophthalmology.

**2016**

Professor Titular M.S.6, Universidade Estadual de Campinas.

**2010**

Prêmio Região Sudeste "Ensaio Clínico Aleatorizado da Crioterapia Intra-Operatório Versus Fotocoagulação a Laser para Retinopexia", Conselho Brasileiro de Oftalmologia - XIX CBPCRV.

**2007**

Honra ao Mérito, Sociedade Brasileira de Lente de Contato Córnea e Refratometria.

**1998**

Premio de 1o. Lugar para o trabalho na área de Prevenção à Cegueira, na categoria Grande Prêmio, Conselho Brasileiro de Oftalmologia e Núcleo de Prevenção de Cegueira da Unicamp.

**1998**

1o. Prêmio de Percepta Núcleo Prevenção à Cegueira, SOLA Optical Brasil.

## Produções

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### Produção bibliográfica

### Citações

#### Web of Science

Total de trabalhos: 3      Total de citações: 15      Data: 11/08/2022

ARIETA, C.E.L

#### SciELO

Total de trabalhos: 3      Total de citações: 12      Data: 11/08/2022

**SCOPUS**

Total de trabalhos: 75

Total de citações: 617

Data: 11/08/2022

Arieta, Carlos Eduardo Arieta

**Outras**

Total de trabalhos: 90

Total de citações: 1534

Data: 11/08/2022

CEL Arieta

**Artigos completos publicados em periódicos**

Ordenar por

Ordem Cronológica

**1.**

BARRETO, JOAQUIM ; WOLF, VANEZA ; BONILHA, ISABELLA ; LUCHIARI, BEATRIZ ; LIMA, MARCUS ; OLIVEIRA, ALESSANDRA ; VITTE, SÓFIA ; MACHADO, GABRIELA ; CUNHA, JESSICA ; BORGES, CYNTHIA ; MUNHOZ, DANIEL ; FERNANDES, VICENTE ; KIMURA-MEDORIMA, SHEILA TATSUMI ; BREDER, IKARO ; FERNANDEZ, MARTA DURAN ; QUINAGLIA, THIAGO ; OLIVEIRA, RODRIGO B. ; CHAVES, FERNANDO ; **ARIETA, CARLOS** ; GUERRA-JUNIOR, GIL ; AVILA, SANDRA ; NADRUZ, WILSON ; CARVALHO, LUIZ SERGIO F. ; SPOSITO, ANDREI C. . Rationale and design of the Brazilian diabetes study: a prospective cohort of type 2 diabetes. CURRENT MEDICAL RESEARCH AND OPINION *JCR*, v. 38, p. 523-529, 2022. **Citações:** WEB OF SCIENCE<sup>®</sup> 8 | SCOPUS 5

**2.**

REIS, ROBERTO DOS ; LIRA, Rodrigo Pessoa Cavalcanti ; MÉLEGA, MATHIAS VIOLANTE ; CORDEIRO, GABRIEL GUERRA ; NASCIMENTO, MAURICIO ABUJAMRA ; ALVES, MÔNICA ; **Arieta, Carlos Eduardo Leite** . Association between axial length and level of education in elderly patients with cataracts unexposed to electronic devices in the first two decades of life. ARQUIVOS BRASILEIROS DE OFTALMOLOGIA *JCR*, v. 86, p. 01-04, 2022. **Citações:** SCOPUS 1

**3.**

RIBEIRO, MARCELO ; VIEIRA, MATHEUS SCHMITZ ; GORGONE, GABRIEL ; BARBOSA, LUCAS YUNES COMINATTO ; MARTINI, ALEXANDRE RICARDO ABDEL FATTAH ; DAVID, MILTON AGRIZZI ; FORNAZARI, DENISE OLIVEIRA ; ALVES, MONICA ; **Arieta, Carlos Eduardo Leite** . The contact lens dry eyes questionnaire (CLDEQ-8) validation and ocular surface dysfunction among soft contact lens wearers. ARQUIVOS BRASILEIROS DE OFTALMOLOGIA *JCR*, v. 85, p. 68-76, 2022. **Citações:** WEB OF SCIENCE<sup>®</sup> 5 | SCOPUS 6

**4.**

FERREIRA, BRUNA GIL ; CARDOSO DA SILVA, IURI ; MÉLEGA, MATHIAS VIOLANTE ; NASCIMENTO, MAURICIO ABUJAMRA ;

CAVALCANTI LIRA, RODRIGO PESSOA ; **Leite Arieta, Carlos Eduardo** ; ALVES, MONICA . Macular and choroidal thickness after intracameral moxifloxacin for prevention of postcataract endophthalmitis. JOURNAL OF CATARACT AND REFRACTIVE SURGERY *JCR*, v. 47, p. 40-45, 2021. **Citações:** [WEB OF SCIENCE](#) 3 | [SCOPUS](#) 4

5.

PINTO, ROBERTO DAMIAN PACHECO ; ABE, RICARDO YUJI ; GOMES, FLÁVIA CID ; BARBISAN, PAULO RODOLFO TAGLIARI ; MARTINI, ALEXANDRE FATTAH ; DE ALMEIDA BORGES, DANIEL ; FERNANDES, ARTHUR GUSTAVO ; **Arieta, Carlos Eduardo Leite** ; ALVES, MONICA . Quality of life in keratoconus: evaluation with Keratoconus Outcomes Research Questionnaire (KORQ). Scientific Reports *JCR*, v. 11, p. 01-09, 2021. **Citações:** [WEB OF SCIENCE](#) 22 | [SCOPUS](#) 16

6.

FERNANDES, VICENTE HIDALGO RODRIGUES ; CHAVES, FERNANDO R.P. ; SOARES, ALEXANDRE A.S. ; BREDER, IKARO ; KIMURA-MEDORIMA, SHEILA T. ; MUNHOZ, DANIEL B. ; CINTRA, RIOBALDO M.R. ; BREDER, JESSICA CUNHA ; BARRETO, JOAQUIM ; NADRUZ, WILSON ; CARVALHO, LUIZ SERGIO F. ; QUINÁGLIA, THIAGO ; **ARIETA, CARLOS E.L.** ; SPOSITO, ANDREI C. . Dapagliflozin increases retinal thickness in type 2 diabetic patients as compared with glibenclamide: A randomized controlled trial. DIABETES & METABOLISM *JCR*, v. 47, p. 101280, 2021. **Citações:** [WEB OF SCIENCE](#) 9 | [SCOPUS](#) 9

7.

PINTO, ROBERTO DAMIAN PACHECO ; GOMES, FLÁVIA CID ; **Arieta, Carlos Eduardo Leite** ; ALVES, MONICA . Translation and validation of the Portuguese version of the Keratoconus Outcomes Research Questionnaire (KORQ). ARQUIVOS BRASILEIROS DE OFTALMOLOGIA *JCR*, v. 84, p. 430-435, 2021. **Citações:** [WEB OF SCIENCE](#) 4 | [SCOPUS](#) 4

8.

VIEIRA, MATHEUS IVAN SCHMITZ ; JAMMAL, ALESSANDRO ADAD ; **Arieta, Carlos Eduardo Leite** ; ALVES, MONICA ; DE VASCONCELLOS, JOSE PAULO CABRAL . Corneal Scheimpflug topography values to distinguish between normal eyes, ocular allergy, and keratoconus in children. Scientific Reports *JCR*, v. 11, p. 24275, 2021. **Citações:** [WEB OF SCIENCE](#) 4 | [SCOPUS](#) 2

9.

MELEGA, MATHIAS V. ; DOS REIS, ROBERTO ; **LIRA, Rodrigo Pessoa Cavalcanti** ; de Oliveira, Denise Fornazari ; **Arieta, Carlos Eduardo Leite** ; ALVES, MONICA . Comparison Between Nylon and Polyglactin Sutures in Pediatric Cataract Surgery: A Randomized Controlled Clinical Trial. FRONTIERS IN MEDICINE *JCR*, v. 8, p. 700793, 2021. **Citações:** [WEB OF SCIENCE](#) 2 | [SCOPUS](#) 3

10.

MELEGA, MATHIAS V ; PESSOA CAVALCANTI LIRA, RODRIGO ; DA SILVA, IURI CARDOSO ; FERREIRA, BRUNA GIL ; ASSIS FILHO, HERMANO LG ; MARTINI, ALEXANDRE AF ; DOS REIS, ROBERTO ;

**Arieta, Carlos Eduardo Leite** ; ALVES, MONICA . Comparing Resident Outcomes in Cataract Surgery at Different Levels of Experience. CLINICAL OPHTHALMOLOGY (ONLINE) **JCR**, v. Volume 14, p. 4523-4531, 2020. **Citações:** [WEB OF SCIENCE](#) 15 | [SCOPUS](#) 16

11.

FERNANDES FELIX, JOÃO PAULO ; CAVALCANTI LIRA, RODRIGO PESSOA ; GRUPENMACHER, ALEX TREIGER ; ASSIS FILHO, HERMANO LUCIO GOMES DE ; COSIMO, ALEXANDRE BRITO ; NASCIMENTO, MAURICIO ABUJAMRA ; **Leite Arieta, Carlos Eduardo** . Long-term Results of Trimethoprim-Sulfamethoxazole Versus Placebo to Reduce the Risk of Recurrent Toxoplasma gondii Retinochoroiditis. AMERICAN JOURNAL OF OPHTHALMOLOGY **JCR**, v. 213, p. 195-202, 2020. **Citações:** [WEB OF SCIENCE](#) 27 | [SCOPUS](#) 32

12.

DE ALMEIDA BORGES, DANIEL ; ALBORGHETTI, MARCOS RODRIGO ; FRANCO PAES LEME, ADRIANA ; RAMOS DOMINGUES, ROMENIA ; DUARTE, BRUNA ; VEIGA, MELINA ; TRINDADE FERRER, MARILIA ; VIANA WANZELER, ANA CLAUDIA ; **Leite Arieta, Carlos Eduardo** ; ALVES, MONICA . Tear proteomic profile in three distinct ocular surface diseases: keratoconus, pterygium, and dry eye related to graft-versus-host disease. Clinical Proteomics **JCR**, v. 17, p. 2-16, 2020. **Citações:** [WEB OF SCIENCE](#) 30 | [SCOPUS](#) 32

13.

FERNANDES FELIX, JOÃO PAULO ; CAVALCANTI LIRA, RODRIGO PESSOA ; GRUPENMACHER, ALEX TREIGER ; DE ASSIS FILHO, HERMANO LUCIO GOMES ; COSIMO, ALEXANDRE BRITO ; NASCIMENTO, MAURICIO ABUJAMRA ; **Leite Arieta, Carlos Eduardo** . Reply to Comment on: Long-term Results of Trimethoprim Sulfamethoxazole Versus Placebo to Reduce the Risk of Recurrent Toxoplasma gondii Retinochoroiditis. AMERICAN JOURNAL OF OPHTHALMOLOGY **JCR**, v. 220, p. 217-218, 2020.

14.

**Arieta, C E L**. Costs and benefits of bevacizumab vial sharing for the treatment of retinal diseases. BMC PUBLIC HEALTH **JCR**, v. 19, p. 1252, 2019.

15.

**Arieta, C E L**. Safety and efficacy of intracameral moxifloxacin for prevention of post-cataract endophthalmitis: Randomized controlled clinical trial. JOURNAL OF CATARACT AND REFRACTIVE SURGERY **JCR**, v. 45, p. 890, 2019. **Citações:** [WEB OF SCIENCE](#) 43 | [SCOPUS](#) 52

16.

FONSECA, ANDRE LUIS A ; PANETTA, HEITOR ; NASCIMENTO, MAURICIO A ; LIRA, RODRIGO PESSOA C ; **ARIETA, CARLOS EDUARDO L** . Effect of intravitreal dexamethasone solution on the reduction of macular thickness in pseudophakic diabetic patients in a public hospital in Brazil: a randomized clinical trial . CLINICAL OPHTHALMOLOGY (ONLINE) **JCR**, v. Volume 13, p. 1523-1531, 2019. **Citações:** [WEB OF SCIENCE](#) 2 | [SCOPUS](#) 4

17.

BARBISAN, PAULO RODOLFO TAGLIARI ; PINTO, ROBERTO DAMIAN PACHECO ; GUSMÃO, CAMILLO CARNEIRO ; DE CASTRO, ROSANE SILVESTRE ; **Arieta, Carlos Eduardo Leite** . Corneal Collagen Cross-Linking in Young Patients for Progressive Keratoconus. CORNEA **JCR**, v. 39, p. 1-191, 2019. **Citações:** WEB OF SCIENCE<sup>®</sup> 11 | SCOPUS 12

18.

CINTRA, RIOBALDO M. R. ; SOARES, ALEXANDRE A. S. ; BREDER, IKARO ; MUNHOZ, DANIEL B. ; BARRETO, JOAQUIM ; KIMURA-MEDORIMA, SHEILA T. ; CAVALCANTE, PAMELA ; ZANCHETTA, RENATA ; BREDER, JESSICA CUNHA ; MOREIRA, CAMILA ; VIRGINIO, VITOR W. ; BONILHA, ISABELLA ; LIMA-JUNIOR, JOSE CARLOS ; COELHO-FILHO, OTAVIO R. ; WOLF, VANEZA L. W. ; GUERRA-JUNIOR, GIL ; OLIVEIRA, DANIELA C. ; HAEITMANN, RODRIGO ; FERNANDES, VICENTE H. R. ; NADRUZ, WILSON ; CHAVES, FERNANDO R. P. ; **ARIETA, CARLOS E. L.** ; QUINAGLIA, THIAGO ; SPOSITO, ANDREI C. . Assessment of dapagliflozin effect on diabetic endothelial dysfunction of brachial artery (ADDENDA-BHS2 trial): rationale, design, and baseline characteristics of a randomized controlled trial. Diabetology & Metabolic Syndrome **JCR**, v. 11, p. 1-12, 2019. **Citações:** WEB OF SCIENCE<sup>®</sup> 11 | SCOPUS 10

19.

ZIMMERMANN, ANITA ; MAGALHÃES, INGRID HAUBERT ; TANAKA, HENRIQUE AKIO ; ZIMMERMANN, ISAQUE TOLEDO ; **Arieta, Carlos Eduardo Leite** . Pediatric traumatic cataract review: origin of the trauma. REVISTA BRASILEIRA DE OFTALMOLOGIA (IMPRESSO) **JCR**, v. 78, p. 103-106, 2019. **Citações:** SCOPUS 5

20.

BARBISAN, PAULO RODOLFO ; GONÇALVES MONTEIRO VITURINO, MARINA ; SILVEIRA SOUTO, FERNANDA MARIA ; TIAN, BO ; DAMIAN PACHECO PINTO, ROBERTO ; BARASNEVICIUS QUAGLIATO, LUCAS ; NASCIMENTO, MAURÍCIO ; SILVESTRE DE CASTRO, ROSANÉ ; **ARIETA, CARLOS** . Macular phototoxicity after corneal cross-linking. CLINICAL OPHTHALMOLOGY (ONLINE) **JCR**, v. Volume 12, p. 1801-1807, 2018. **Citações:** WEB OF SCIENCE<sup>®</sup> 7 | SCOPUS 13

21.

CASTRO, JULIA SILVESTRE DE ; SELEGATTO, IARA BORIN ; CASTRO, Rosane Silvestre de ; MIRANDA, ELIANA C. M. ; DE VASCONCELOS, JOSÉ PAULO CABRAL ; DE CARVALHO, KEILA MONTEIRO ; **Arieta, Carlos Eduardo Leite** ; ALVES, MONICA . Prevalence and Risk Factors of self-reported dry eye in Brazil using a short symptom questionnaire. Scientific Reports **JCR**, v. 8, p. PMC5794758, 2018. **Citações:** WEB OF SCIENCE<sup>®</sup> 51 | SCOPUS 51

22.

MÉLEGA, MATHIAS VIOLANTE ; LIRA, R. P. C. ; **Arieta, Carlos Eduardo Leite** . Antibiótico intracameral para prevenção de endoftalmite aguda pós-cirurgia de catarata no Brasil. e-Oftalmo.CBO: Revista Digital de Oftalmologia, v. 2, p. 1-5, 2017.

23.

CASTRO, JULIA SILVESTRE DE ; SELEGATTO, IARA BORIN ; CASTRO, Rosane Silvestre de ; VASCONCELOS, JOSÉ PAULO CABRAL DE ; **Arieta, Carlos Eduardo Leite** ; ALVES, MÔNICA . Translation and validation of the Portuguese version of a dry eye disease symptom questionnaire. ARQUIVOS BRASILEIROS DE OFTALMOLOGIA **JCR**, v. 80, p. 14-16, 2017. **Citações:** [WEB OF SCIENCE](#) 11 | [SCOPUS](#) 12

24.

★ **LIRA, Rodrigo Pessoa Cavalcanti** ; **Arieta, Carlos Eduardo Leite** ; PASSOS, THAÍS HELENA MOREIRA ; MAZIERO, DIANA ; ASTUR, GUSTAVO LIMA DO VALLE ; ESPÍRITO SANTO, ÍTALO FERNANDES DO ; BERTOLANI, ANA CLAUDIA ; POZZI, LUIS FERNANDO ; DE CASTRO, ROSANE SILVESTRE ; FERRAZ, ÁLVARO ANTONIO BANDEIRA . Distribution of Ocular Component Measures and Refraction in Brazilian School Children. OPHTHALMIC EPIDEMIOLOGY **JCR**, v. 24, p. 1-7, 2016. **Citações:** [WEB OF SCIENCE](#) 16 | [SCOPUS](#) 20

25.

★ FERNANDES FELIX, JOÃO PAULO ; CAVALCANTI LIRA, RODRIGO PESSOA ; COSIMO, ALEXANDRE BRITO ; CARDEAL DA COSTA, RODRIGO LOURENÇO ; NASCIMENTO, MAURICIO ABUJAMRA ; **Leite Arieta, Carlos Eduardo** . Trimethoprim-Sulfamethoxazole Versus Placebo in Reducing the Risk of Toxoplasmic Retinochoroiditis Recurrences: A Three-Year Follow-up. AMERICAN JOURNAL OF OPHTHALMOLOGY **JCR**, v. 170, p. 176-182, 2016. **Citações:** [WEB OF SCIENCE](#) 21 | [SCOPUS](#) 28

26.

PINTO, RD ; LIRA, RP ; **ARIETA, CE** ; CASTRO, RS ; BONON, SH . The prevalence of adenoviral conjunctivitis at the Clinical Hospital of the State University of Campinas, Brazil. CLINICS **JCR**, v. 70, p. 748-750, 2015. **Citações:** [WEB OF SCIENCE](#) 17 | [SCOPUS](#) 15

27.

FELIX, JOÃO PAULO FERNANDES ; **LIRA, Rodrigo Pessoa Cavalcanti** ; ZACCHIA, RAFAEL SANTOS ; TORIBIO, JAQUELINE MACHADO ; NASCIMENTO, MAURICIO ABUJAMRA ; **Arieta, Carlos Eduardo Leite** . Trimethoprim-Sulfamethoxazole Versus Placebo to Reduce the Risk of Recurrences of Toxoplasma Gondii Retinochoroiditis: Randomized Controlled Clinical Trial. American Journal of Ophthalmology **JCR**, v. 157, p. 762-766.e1, 2014. **Citações:** [WEB OF SCIENCE](#) 59 | [SCOPUS](#) 72

28.

TICLY, FLAVIA G. ; LIRA, RODRIGO P.C. ; ZANETTI, FERNANDO R. ; MACHADO, MARIA CECÍLIA ; RODRIGUES, GUSTAVO B. ; **ARIETA, CARLOS EDUARDO L.** . Prophylactic Use of Ketorolac Tromethamine in Cataract Surgery: A Randomized Trial. Journal of Ocular Pharmacology and Therapeutics **JCR**, v. 30, p. 140415123152006-501, 2014. **Citações:** [WEB OF SCIENCE](#) 11 | [SCOPUS](#) 13

29.

PINTO, ROBERTO DAMIAN PACHECO ; [LIRA, Rodrigo Pessoa Cavalcanti](#) ; ABE, RICARDO YUJI ; ZACCHIA, RAFAEL SANTOS ; FELIX, JOÃO PAULO FERNANDES ; PEREIRA, ANDRÉ VENANCIO FERNANDES ; **Arieta, Carlos Eduardo Leite** ; DE CASTRO, ROSANE SILVESTRE ; BONON, SANDRA HELENA ALVES . Dexamethasone/Povidone Eye Drops versus Artificial Tears for Treatment of Presumed Viral Conjunctivitis: A Randomized Clinical Trial. CURRENT EYE RESEARCH **JCR** , v. 1, p. 1-8, 2014. **Citações:** [WEB OF SCIENCE](#) 42 | [SCOPUS](#) 49

30.

[LIRA, Rodrigo Pessoa Cavalcanti](#) ; AMORIM, FERNANDO HENRIQUE RAMOS ; GONÇALVES, FAUZE ABDULMASSIH ; **Arieta, Carlos Eduardo Leite** ; KARA-JUNIOR, NEWTON . Comparison of the citation characteristics between the case reports/cases series versus other study designs in the articles published in Brazilian journals of Ophthalmology. REVISTA BRASILEIRA DE OFTALMOLOGIA (IMPRESSO) **JCR** , v. 73, p. 07-10, 2014.

31.

[LIRA, Rodrigo Pessoa Cavalcanti](#) ; ESPÍRITO SANTO, ITALO FERNANDES DO ; ASTUR, GUSTAVO LIMA DO VALLE ; MAZIERO, DIANA ; PASSOS, THAIS HELENA MOREIRA ; **Arieta, Carlos Eduardo Leite** . Refractive error in school children in Campinas, Brazil. Arquivos Brasileiros de Oftalmologia (Impresso) **JCR** , v. 77, p. 203-204, 2014. **Citações:** [WEB OF SCIENCE](#) 5 | [SCOPUS](#) 5

32.

ABE, RICARDO YUJI ; FREIRE, LÍVIA MARIA DIAS ; CASTRO, ROSANE SILVESTRE ; [LIRA, Rodrigo Pessoa Cavalcanti](#) ; **Arieta, Carlos Eduardo Leite** . Corneal endothelial rejection after penetrating keratoplasty treated with intravenous and topic corticosteroid: one year follow up. Revista Brasileira de Oftalmologia (Impresso) **JCR** , v. 71, p. 42-45, 2013.

33.

[LIRA, Rodrigo Pessoa Cavalcanti](#) ; VIEIRA, RAFAEL MARSICANO CEZAR ; GONÇALVES, FAUZE ABDULMASSIH ; FERREIRA, MARIA CAROLINA ALVES ; MAZIERO, DIANA ; PASSOS, THAIS HELENA MOREIRA ; **Arieta, Carlos Eduardo Leite** . Influence of English language in the number of citations of articles published in Brazilian journals of Ophthalmology. Arquivos Brasileiros de Oftalmologia (Impresso) **JCR** , v. 76, p. 26-28, 2013. **Citações:** [WEB OF SCIENCE](#) 16 | [SciELO](#) 6 | [SCOPUS](#) 20

34.

[LIRA, Rodrigo Pessoa Cavalcanti](#) ; LEAL, FRANZ SCHUBERT ; GONÇALVES, FAUZE ABDULMASSIH ; AMORIM, FERNANDO HENRIQUE RAMOS ; FELIX, JOÃO PAULO FERNANDES ; **Arieta, Carlos Eduardo Leite** . Clinical trials in Brazilian journals of ophthalmology: where we are. Arquivos Brasileiros de Oftalmologia (Impresso) **JCR** , v. 76, p. 21-25, 2013. **Citações:** [WEB OF SCIENCE](#) 1 | [SciELO](#) 2 | [SCOPUS](#) 1

35.

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**Arieta, Carlos Eduardo Leite.** Participação em banca de Andrea Mara Simões Torigoe. FALTA TITULO. 2004. Exame de qualificação (Doutorando em Ciências Médicas) - Universidade Estadual de Campinas.

### Qualificações de Mestrado

1.

ALVES, MÔNICA; **ARIETA, C. E. L.**; VASCONCELLOS, JPC. Participação em banca de Ana Luiza Mylla Boso. Impact of Ocular Surface Disease Treatment in Patients with Glaucoma. 2020. Exame de qualificação (Mestrando em Programa de Pós-Graduação em Ciências Médicas) - Faculdade de Ciências Médicas.

2.

Carvalho, KMM; **ARIETA, C. E. L.** Participação em banca de Bruno Viana Gonçalves. Comparação das medidas refratométricas através da utilização de photoscreener e da refratometria objetiva. 2019. Exame de qualificação (Mestrando em Ciências Médicas) - Universidade Estadual de Campinas.

3.

Carvalho, KMM; **ARIETA, C. E. L.** Participação em banca de Danielli Kamiji. Comparar o uso de Tracolimus 0,02% tópico com o acetato de prednisolona 1% tópico na prevenção de transplante penetrante de córnea de baixo risco. 2019. Exame de qualificação (Mestrando em Ciências Médicas) - Universidade Estadual de Campinas.

4.

**ARIETA, C. E. L.** Participação em banca de Ana Cláudia Viana Wanzeler. Avaliação da superfície ocular, mediadores e mecanismos fisiopatológicos relacionados ao pterígio. 2018. Exame de qualificação (Mestrando em Programa de Pós-Graduação em Ciências Médicas) - Faculdade de Ciências Médicas.

5.

MAUNSELL, R. C. K.; **ARIETA, C. E. L.**; DE VASCONCELOS, JOSÉ PAULO CABRAL; HIM, P. H. H.. Participação em banca de Daniel de Almeida Borges. Caracterização do ceratocone, parâmetros tomográficos e possíveis mediadores na lágrima de portadores e familiares. 2018. Exame de qualificação (Mestrando em Ciências Médicas) - Universidade Estadual de Campinas.

### Monografias de cursos de aperfeiçoamento/especialização

1.

**ARIETA, C. E. L.** Participação em banca de Camillo Carneiro Gusmão. Trabalho de conclusão de curso. 2020. Monografia (Aperfeiçoamento/Especialização em Residência Médica em Oftalmologia) - Faculdade de Ciências Médicas.

2.

**ARIETA, C. E. L.** Participação em banca de Vicente Hidalgo Rodrigues Fernandes. Trabalho de conclusão de curso. 2019. Monografia (Aperfeiçoamento/Especialização em Residência Médica em Oftalmologia) - Faculdade de Ciências Médicas.

3.

**ARIETA, C. E. L.** Participação em banca de Victor San Martin Carvalho Córrea. Trabalho de conclusão de curso. 2019. Monografia (Aperfeiçoamento/Especialização em Residência Médica em Oftalmologia) - Faculdade de Ciências Médicas.

4.

**ARIETA, C. E. L.** Participação em banca de José Hélio Zen Júnior. Bloqueio Subtenoniano comparado ao bloqueio Peribulbar como técnica de anestesia oftalmológica para cirurgia de catarata: Uma revisão sistemática e meta-análise. 2018. Monografia (Aperfeiçoamento/Especialização em Residência Médica em Oftalmologia) - Faculdade de Ciências Médicas.

#### Participação em bancas de comissões julgadoras

##### Professor titular

1.

RIBEIRO, J. D.; ZEFERINO, L. C.; **ARIETA, C. E. L.** Concurso público de provas e títulos, para provimento de 01 cargo(s) de Professor Titular, nível MS-6, na área de Otorrinolaringologia, na(s) disciplina(s) MD753 ? Atenção Clínicocirúrgica Integrada II, do Departamento de Oftalmo-otorrinolaringologia. 2017. Universidade Estadual de Campinas.

2.

**Arieta, Carlos Eduardo Leite; Kara-José, N.** Testes pré-operatórios na cirurgia de catarata ambulatorial em adultos: é necessária uma rotina.. 2002. Universidade Estadual de Campinas.

3.

**Kara-José, N; MARCONDES, A M; Arieta, Carlos Eduardo Leite; SILVA, V B.** Avaliação dos sistemas ópticos de visualização intra-operatória de lentes plana - convexo de LANDERS e sistema de lentes de inversão operatória (ROLS). 2002. Universidade Estadual de Campinas.

1.

SALOMAO, R.; SILVA, M. R. D.; SIQUEIRA, W. C. A.; ZIN, A. A.; **ARIETA, C. E. L.**; ROCHA, E. M. Concurso do Departamento de Oftalmologia e Ciências Visuais / Disciplina Oftalmologia, Edital 629 (03/12/2021). 2021. Universidade Federal de São Paulo.

2.

**Arieta, C E L.** Concurso para Provimento de Professor Doutor - MS-3. 2008. Universidade Estadual de Campinas.

### Livre docência

1.

**EDUARDO LEITE ARIETA, CARLOS**; BERTOLO, M. B.; BRITO, R. B.; SELAIMEN, S.. Concurso de Provas e Títulos para obtenção do Título de Livre Docente, na área de Otorrinolaringologia, nas disciplinas MD753 - Atenção Clínico Cirúrgica Integrada II e RT070 - Otologia III do Departamento de Oftalmo/Otorrino da Faculdade de Ciências Médicas da Universidade Estadual de Campinas. Candidato: ARTHUR MENINO CASTILHO.. 2022. Faculdade de Ciências Médicas.

2.

**ARIETA, C. E. L.** Membro da Comissão Julgadora do Concurso de provas e títulos para obtenção do Título de Livre Docente, na área de Desenvolvimento Humano, Saúde, Cultura e Sociedade, na disciplina FN710 - A interdisciplinaridade na reabilitação das deficiências sensoriais, do Departamento de Desenvolvimento Humano e Reabilitação. 2021. Universidade Estadual de Campinas.

3.

**Arieta, C E L.** Concurso Público de Livre Docente na Área de Oftalmologia. 2008. Universidade Estadual de Campinas.

### Avaliação de cursos

1.

**ARIETA, C. E. L.** Banca Examinadora de Análise de Currículo e Entrevista dos Médicos Candidatos ao Exame de Residência Médica - Oftalmologia. 2022. Universidade Estadual de Campinas.

2.

**ARIETA, C. E. L.** Banca Examinadora de Análise de Currículo e Entrevista dos Médicos Candidatos ao Exame de Residência Médica - Oftalmologia. 2021. Universidade Estadual de Campinas.

3.

**ARIETA, C. E. L.;** LIRA, R. P. C.; COSTA, V. P.; VASCONCELLOS, JPC; ALVES, MONICA; de Oliveira, Denise Fornazari. Banca Avaliadora de Apresentação de TCC - Disciplina de Oftalmologia. 2021. Universidade Estadual de Campinas.

**4.**

**ARIETA, C. E. L.** Banca Examinadora de Análise de Currículo e Entrevista dos Médicos Candidatos ao Exame de Residência Médica - Oftalmologia. 2020. Universidade Estadual de Campinas.

**5.**

**ARIETA, C. E. L.;** VASCONCELLOS, JPC; LIRA, R. P. C.; COSTA, V. P. Banca Avaliadora de Apresentação de TCC - Disciplina de Oftalmologia. 2020. Universidade Estadual de Campinas.

**6.**

**Arieta, C E L.** Banca Examinadora de Análise de Currículo e Entrevista dos Médicos Candidatos ao Exame de Residência Médica - Oftalmologia. 2019. Universidade Estadual de Campinas.

**7.**

**ARIETA, C. E. L.** Banca Examinadora de Análise de Currículo e Entrevista dos Médicos Candidatos ao Exame de Residência Médica - Oftalmologia. 2018. Universidade Estadual de Campinas.

**8.**

**ARIETA, C. E. L.** Banca Examinadora de Análise de Currículo e Entrevista dos Médicos Candidatos ao Exame de Residência Médica - Oftalmologia. 2017. Universidade Estadual de Campinas.

**9.**

**Arieta, C E L.** Banca Examinadora de Análise de Currículo e Entrevista dos Médicos Candidatos ao Exame de Residência Médica - Oftalmologia. 2016. Universidade Estadual de Campinas.

**10.**

**Arieta, C E L.** Banca Examinadora de Análise de Currículo e Entrevista dos Médicos Candidatos ao Exame de Residência Médica - Oftalmologia. 2015. Universidade Estadual de Campinas.

**11.**

**ARIETA, C. E. L.** Banca Examinadora de Análise de Currículo e Entrevista dos Médicos Candidatos ao Exame de Residência Médica - Oftalmologia. 2014. Universidade Estadual de Campinas.

**12.**

**ARIETA, C. E. L.** Banca Examinadora de Análise de Currículo e Entrevista dos Médicos Candidatos ao Exame de Residência Médica - Oftalmologia. 2013. Universidade Estadual de Campinas.

**13.**

**Arieta, C E L.** Banca Examinadora de Análise de Currículo e Entrevista dos Médicos Candidatos ao Exame de Residência Médica - Oftalmologia. 2012. Universidade Estadual de Campinas.

**14.**

**Arieta, C E L.** Banca Examinadora de Análise de Currículo e Entrevista dos Médicos Candidatos ao Exame de Residência Médica - Oftalmologia. 2011. Universidade Estadual de Campinas.

**15.**

**Arieta, C E L.** Banca Examinadora de Análise de Currículo e Entrevista dos Médicos Candidatos ao Exame de Residência Médica - Oftalmologia. 2010. Universidade Estadual de Campinas.

#### **Outras participações**

**1.**

**ARIETA, C. E. L.** Processo Seletivo Funcamp - Médico Oftalmologista. 2022. Fundação de Desenvolvimento da UNICAMP.

**2.**

**ARIETA, C. E. L.** Processo Seletivo Funcamp - Médico Oftalmologista. 2018. Fundação de Desenvolvimento da UNICAMP.

**3.**

**Arieta, C E L.** Comissão Eleitoral para Cargo da Diretoria Executiva do Conselho Brasileiro de Oftalmologia. 2009. Conselho Brasileiro de Oftalmologia.

**4.**

**Arieta, C E L.** Concurso de Títulos e Provas para Cargo de Professor Doutor - MS-3. 2008. Faculdade de Medicina de Ribeirão Preto - USP.

**5.**

**Arieta, Carlos Eduardo Leite.** Concurso de Títulos e e Provas para Cargo de Professor Doutor, junto ao Departamento de Oftalmologia e Otorrinolaringologia, no Programa da Disciplina de Oftalmologia. 2005. Faculdade de Medicina da Universidade de São Paulo.

6.

**Arieta, Carlos Eduardo Leite.** Membro da Banca Examinadora de Trabalhos Científicos. 2004. Fundação Altrino Ventura.

## Eventos

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### Participação em eventos, congressos, exposições e feiras

1.

65º Congresso Brasileiro de Oftalmologia. 2021. (Congresso).

2.

Congresso de Oftalmologia da USP 2021. 2021. (Congresso).

3.

64º Congresso Brasileiro de Oftalmologia. 2020. (Congresso).

4.

ARVO Annual Meeting 2020. 2020. (Congresso).

5.

Financiamento das Instituições Públicas de Saúde-Construção de alternativas e solução sna Unicamp. 2020. (Outra).

6.

10ª JORNADA PAULISTA DE OFTALMOLOGIA 2019. 2019. (Outra).

7.

63º Congresso Brasileiro de Oftalmologia. 2019. (Congresso).

8.

ARVO Annual Meeting 2019. 2019. (Congresso).

**9.**

62º Congresso Brasileiro de Oftalmologia. 2018. (Congresso).

**10.**

ARVO 2018. 2018. (Congresso).

**11.**

61º Congresso Brasileiro de Oftalmologia. 2017. (Congresso).

**12.**

8ª Jornada Paulista de Oftalmologia. 2017. (Outra).

**13.**

ARVO Annual Meeting 2017. 2017. (Congresso).

**14.**

Curso de Auxiliar do Oftalmologista.Yag Laser. 2017. (Outra).

**15.**

IX Congresso Brasileiro de Catarata e Cirurgia Refractiva - VII Congresso Brasileiro de Administração em Oftalmologia II Congresso Brasileiro de Enfermagem em Oftalmologia. 2017. (Congresso).

**16.**

Simpósio Internacional Moacyr Alvaro - Simasp. 2017. (Congresso).

**17.**

VIII Congresso Brasileiro da SOBLEC. 2017. (Congresso).

**18.**

XXXVIII Congresso Panamericano de Oftalmologia. 2017. (Congresso).

**19.**

ARVO Annual Meeting 2014. 2014. (Congresso).

**20.**

37o. Congresso da Associação Paranaense de Oftalmologia. Dicas importantes da adaptação de lentes gelatinosas tóricas. 2012. (Congresso).

**21.**

XVIII Simpósio Internacional de Atualização em Oftalmologia da Santa Casa de São Paulo. 2011. (Congresso).

**22.**

XXXVI Congresso Brasileiro de Oftalmologia. Infecção corneais. 2011. (Congresso).

**23.**

11o. Congresso de Oftalmologia e 10o. Congresso de Auxiliar de Oftalmologia da USP. 2008. (Congresso).

**24.**

Congresso de Oftalmologia da Unicamp/ XIII Simpósio Internacional de Córnea e Lentes de Contato - SINCLEC/ VII Simpósio Internacional de Glaucoma. 2008. (Congresso).

**25.**

10o. Congresso de Oftalmologia e 9o. Congresso de Auxiliar de Oftalmologia da USP. 2007. (Congresso).

**26.**

III Congresso Brasileiro de Lentes de Contato, Córnea e Refratometria da SOBLEC. 2007. (Congresso).

**27.**

Pré-Congresso do 10o. Congresso de Oftalmologia e 9o. Congresso de Auxiliar de Oftalmologia da USP. 2007. (Congresso).

**28.**

UPA - Unicamp Portas Abertas. 2007. (Outra).

**29.**

5º Congresso de Reciclagem em Oftalmologia da USP. 2006. (Congresso).

**30.**

XIII Simpósio Internacional de Atualização em Oftalmologia da Santa Casa de São Paulo. 2006. (Simpósio).

**31.**

4º Congresso de Reciclagem em Oftalmologia da USP. 2005. (Congresso).

**32.**

8º Congresso de Oftalmologia e 7º Congresso de Auxiliar de Oftalmologia da USP. 2005. (Congresso).

**33.**

Annual Meetings and Subspecialty Day. 2005. (Outra).

**34.**

Curso: Gerenciando Comportamento. 2005. (Outra).

**35.**

Curso: Preservação a Visão do Idoso, oferecido durante o 4º Congresso de Reciclagem em Oftalmologia da USP. 2005. (Congresso).

**36.**

Curso: Reciclagem em Córnea, oferecido durante o 4º Congresso de Reciclagem em Oftalmologia da USP. 2005. (Congresso).

**37.**

Curso de Media Training Dinâmica de Relacionamento com a Imprensa. 2005. (Outra).

**38.**

II Congresso Brasileiro de Lentes de Contato, Córnea e Refratometria. 2005. (Congresso).

**39.**

IX Jornada Paulista de Urologia. 2005. (Outra).

**40.**

XXXIII Congresso Brasileiro de Oftalmologia. Complicações não infecciosas. 2005. (Congresso).

**41.**

XXX Simpósio da Associação Paranaense de Oftalmologia e I Encontro Sul Brasileiro com Conselho Argentino de Oftalmologia. 2005. (Congresso).

**42.**

Curso: Simpósio Catarata 02 - Faco Passo a Passo oferecido no XIV Congresso Norte-Nordeste de Oftalmologia. 2004. (Congresso).

**43.**

Curso de Atualização em Oftalmologia oferecido no Seminário Oftalmológico da Unicamp. 2004. (Outra).

**44.**

Curso de Marketing para Oftalmologistas. 2004. (Outra).

**45.**

XVI Congresso Brasileiro de Prevenção da Cegueira e Reabilitação Visual. 2004. (Congresso).

**46.**

IX Simpósio Internacional de Catarata e Lente Intra-Ocular. 2003. (Congresso).

**47.**

Reunião de Conselho - Prevenção e Tratamento de Complicações Infecciosas em Oftalmologia. 2003. (Outra).

**48.**

V Curso Básico Unificado de Oftalmologia. 2003. (Outra).

**49.**

XXXII Congresso Brasileiro de Oftalmologia. 2003. (Congresso).

**50.**

4o. Curso Internacional de Glaucoma. 2002. (Outra).

**51.**

5o. Congresso de Oftalmologia da USP e 4o. Congresso de Auxiliar de Oftalmologia da USP. 2002. (Congresso).

**52.**

Congresso Sociedade Brasileira de Administração em Oftalmologia SBAO. 2002. (Congresso).

**53.**

IV Curso Básico Unificado de Oftalmologia. 2002. (Outra).

**54.**

IV Curso de Urgências em Oftalmologia da Unicamp. 2002. (Seminário).

**55.**

Who Development of a Cataract Management Training Course-a Vision 2020 Workshop. 2002. (Outra).

**56.**

X Simpósio Internacional de Córnea e Lentes de Contato. 2002. (Simpósio).

**57.**

XV Congresso Brasileiro de Prevenção da Cegueira e Reabilitação Visual. 2002. (Congresso).

**58.**

Curso de Oftalmologia para o Clínico Geral/Unicamp. 2001. (Outra).

**59.**

VIII Simpósio Internacional de Córnea e Lentes de Contato. 1999. (Simpósio).

**60.**

VII Simpósio de Visão Subnormal. 1999. (Simpósio).

**61.**

1o. Congresso de Oftalmologia - USP. 1998. (Congresso).

**62.**

25 th Anniversary CLAO 1998 Annual Meeting Program. 1998. (Outra).

**63.**

VI Simpósio Internacional de Catarata e Lente Intra-Ocular. 1998. (Simpósio).

**64.**

XIII Congresso Brasileiro de Prevenção da Cegueira e Reabilitação Visual. 1998. (Congresso).

**65.**

XV Simpósio Intenacional da Sociedade Brasileira de Lentes de Contato e Córnea. 1998. (Simpósio).

**66.**

XV Simpósio Internacional da Sociedade Brasileira de Lentes de Contato e Córnea. 1998. (Simpósio).

**67.**

Academia Americana de Oftalmologia. 1997. (Outra).

**68.**

II Curso de Urgência em Oftalmologia. 1997. (Outra).

**69.**

Simpósio Brasileiro de Lentes de Contato e Córnea em Belo Horizonte. 1997. (Simpósio).

**70.**

Simpósio de Administração e Gerenciamento na Área Médica da Escola Paulista de Medicina. 1997. (Simpósio).

**71.**

VII Simpósio Internacional de Córnea e Lentes de Contato. 1997. (Simpósio).

**72.**

XXIX Congresso Brasileiro de Oftalmologia. 1997. (Congresso).

**73.**

Disciplina de Oftalmologia da Faculdade de Medicina de Marília. 1996. (Outra).

**74.**

I Congresso Oftalmológico do Mercosul. 1996. (Congresso).

**75.**

III Simposio Internacional de Cirurgia Ocular da Santa Casa de Sao Paulo. 1996. (Simpósio).

**76.**

IV Congresso Médico de Piracicaba. 1996. (Congresso).

**77.**

IV Simposio Internacional de Patologia do Segmento Anterior. 1996. (Simpósio).

**78.**

IX Congresso Internacional da Sociedade Brasileira de Oftalmologia. 1996. (Congresso).

**79.**

J'ai trois vaisseaux dessus da mer jolie: depoimento sobre o período de gestão do Instituto de Estudos da Linguagem. 1996. (Outra).

**80.**

Reuniao Cientifica promovida pelo Depto de Oftalmologia da Assiciacao Paulista de Medicina. 1996. (Outra).

**81.**

Simposio Internacional da Sociedade Brasileira de Oftalmologia Pediatrica. 1996. (Simpósio).

**82.**

Simposio Internacional de Cirurgia de Catarata. 1996. (Simpósio).

**83.**

V Simposio Internacional de Catarata e Lente Intraocular. 1996. (Simpósio).

**84.**

XII Congresso Brasileiro de Prevencao da Cegueira. 1996. (Congresso).

**85.**

XIX Simposio Internacional Moacyr Alvaro. 1996. (Simpósio).

**86.**

XII Congresso Brasileiro de Prevencao da Cegueira. 1996. (Congresso).

**87.**

IV Congresso Internacional de Doenças Externas Oculares, cirurgia de Córnea e Banco de Olhos.. 1995. (Congresso).

**88.**

Reunião Científica da Associação Paulista de Medicina. 1995. (Outra).

**89.**

Reunião Científica da Faculdade de Medicina de Santo Amaro. 1995. (Outra).

**90.**

Reunião Científica do Depto. de Oftalmologia da Universidade Federal de São Paulo. 1995. (Outra).

**91.**

Simpósio de Atualidades em Oftalmologia de 1995. 1995. (Simpósio).

**92.**

Simpósio Internacional de Lente de Contato e Córnea. 1995. (Simpósio).

**93.**

XX Congresso Panamericano de Oftalmologia. 1995. (Congresso).

**94.**

XX Simpósio da Associação Paranaense de Oftalmologia. 1995. (Simpósio).

**95.**

Curso Diagnóstico e Tratamento do Glaucoma. 1994. (Outra).

**96.**

III Simpósio de Visão Subnormal - Diagnóstico, Tratamento e Reabilitação. 1994. (Simpósio).

**97.**

I Simposio Internacional de Cirurgia Ocular da Santa Casa de Sao Paulo. 1994. (Simpósio).

**98.**

IV Simpósio Internacional de Catarata e Lente Intra-. 1994. (Simpósio).

**99.**

Pré-Congresso da Sociedade Brasileira de Laser em Oftalmologia. 1994. (Congresso).

**100**

.

Simpósio Internacional da Sociedade Brasileira de Lentes de Contato e Córnea - SOBLEC. 1994. (Simpósio).

**101**

.

V Assembleia Geral da Associação Internacional de Prevenção da Cegueira. 1994. (Outra).

**102**

.

**103**

.

XI Congresso Brasileiro de Prevenção de Cegueira, Tratamento e Reabilitação Visual. 1994. (Congresso).

**104**

.

XIII Simposio Internacional Professor Moacyr E. Alvaro - SIMAsp.. 1994. (Simpósio).

**Organização de eventos, congressos, exposições e feiras**

**1.**

**ARIETA, C. E. L.** Coordenador do Programa de Lentes de Contato - Bloco 4 - Lentes Híbridas: Presente e Futuro. 2017. (Congresso).

**2.**

**ARIETA, C. E. L.** Coordenador do Programa de Refração - Bloco 3 - materiais, multifocais e Prismas. 2017. (Congresso).

**3.**

**ARIETA, C. E. L.** Coordenador na Sessão: CATARATA. 2017. (Congresso).

**4.**

**EDUARDO LEITE ARIETA, CARLOS.** Coordenador na Sessão: Terapia de Grupo. 2017. (Outro).

**5.**

**ARIETA, CARLOS EDUARDO L.** Membro da Comissão Organizadora da 8ª Jornada Paulista de Oftalmologia. 2017. (Outro).

**6.**

**Arieta, Carlos Eduardo Leite.** Coordenador do Curso de Catarata - Módulo 3: Novidades em LIO, no XII Simpósio Intrenacional de Catarata e Lente Intra-Ocular SINCLIO. 2009. (Outro).

**7.**

**Arieta, Carlos Eduardo Leite.** Coordenador do I Curso de Instrumentação em Oftalmologia. 2008. (Outro).

8.

**Arieta, C E L.** Coordenador do Curso: Catarata (12) Situações Instrutivas em Facoemulsificação. 2007. (Outro).

9.

**Arieta, Carlos Eduardo Leite.** Coordenador do Módulo 1: Cirurgia Refrativa, oferecido durante o III Congresso Brasileiro de Lentes de Contato, Córnea e Refratometria da SOBLEC. 2007. (Outro).

10.

**Arieta, Carlos Eduardo Leite.** Organizador do III Workshop de Saúde Ocular Comunitária - SOC. 2007. (Outro).

11.

**Arieta, Carlos Eduardo Leite.** Coordenador do 8º Congresso de Oftalmologia e 7º Congresso de Auxiliar de Oftalmologia da USP. 2005. (Congresso).

12.

**Arieta, Carlos Eduardo Leite.** Coordenador do Simpósio da Sociedade Brasileiro de Lentes de Contato Córnea e Refratometria, oferecido durante o XXXIII Congresso Brasileiro de Oftalmologia. 2005. (Outro).

13.

**Arieta, Carlos Eduardo Leite.** Coordenador do Curso: Iniciando na Cirurgia Refrativa Corneana com o Excimer Laser, oferecido durante o XXXIII Congresso Brasileiro de Oftalmologia. 2005. (Outro).

14.

**Arieta, Carlos Eduardo Leite.** Coordenador do Curso Refrativa. 2005. (Outro).

15.

**Arieta, Carlos Eduardo Leite.** Coordenador do Curso de Lentes de Contato, oferecido durante 4º Congresso de Reciclagem em Oftalmologia da USP. 2005. (Congresso).

16.

**Arieta, Carlos Eduardo Leite.** Coordenador do Curso: Reciclagem em Lentes de Contato, oferecido durante o 4º Congresso de Reciclagem em Oftalmologia da USP. 2005. (Outro).

17.

**Arieta, Carlos Eduardo Leite.** Membro da Comissão Organizadora do X Simpósio Internacional de Catarata e Lente Intra-Ocular - SINCLIO. 2005. (Congresso).

18.

**Arieta, Carlos Eduardo Leite.** Coordenador do Simpósio de Vídeos de Cirurgias Especiais de Catarata, no X Simpósio Internacional de Catarata e Lente Intra-Ocular - SINCLIO. 2005. (Outro).

19.

**Arieta, Carlos Eduardo Leite.** Coordenador do Simpósio Situações Especiais de Catarata, no X Simpósio Internacional de Catarata e Lente Intra-Ocular - SINCLIO. 2005. (Outro).

20.

**Arieta, Carlos Eduardo Leite.** Coordenador do Curso Paralelos: Metodologia Científica: como Planejar e Realizar Pesquisa, no II Congresso Brasileiro de Lentes de Contato, Córnea e Refratometria. 2005. (Outro).

21.

**Arieta, Carlos Eduardo Leite.** Coordenador da Sessão Jovens Oftalmologistas, no Coordenador do Curso Paralelos: Metodologia Científica: como Planejar e Realizar Pesquisa, no II Congresso Brasileiro de Lentes de Contato, Córnea e Refratometria. 2005. (Outro).

22.

**Arieta, Carlos Eduardo Leite.** Coordenador do CCP1 - Aprimorando a Leitura Científica Análise Crítica do Trabalho Científico, na IX Jornada Paulista de Urologia. 2005. (Outro).

23.

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24.

**Arieta, Carlos Eduardo Leite.** Coordenador do Curso Anestesia Locoregional. 2004. (Outro).

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**Arieta, Carlos Eduardo Leite.** Coordenador do Simpósio Administração. 2004. (Outro).

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**Arieta, Carlos Eduardo Leite.** Coordenador do Curso de Faco Teórico-prático. 2004. (Outro).

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**Arieta, Carlos Eduardo Leite.** Membro da Comissão Organizadora do XI Simpósio Internacional de Córnea e Lentes de Contato. 2004. (Outro).

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**Arieta, Carlos Eduardo Leite.** Coordenador do Módulo Catarata de A a Z, no VI Curso Básico Unificado de Oftalmologia. 2004. (Outro).

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## Orientações

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### Orientações e supervisões concluídas

#### Dissertação de mestrado

1.

👤 José Hélio Zen Junior. Bloqueio Subtenoniano comparado ao bloqueio Peribulbar como técnica de anestesia oftalmológica para cirurgia de catarata: Uma revisão sistemática e meta-análise. 2019. Dissertação (Mestrado em Programa de Pós-Graduação em Ciências Médicas) - Faculdade de Ciências Médicas, . Orientador: Carlos Eduardo Leite Arieta.

2.

Maria Eugênia Petean Pozzebon de Lima. mestrado. 2019. Dissertação (Mestrado em Programa de Pós-Graduação em Ciências Médicas) - Faculdade de Ciências Médicas, . Orientador: Carlos Eduardo Leite Arieta.

3.

André Luís Ayres da Fonseca. mestrado. 2019. Dissertação (Mestrado em Programa de Pós-Graduação em Ciências Médicas) - Faculdade de Ciências Médicas, . Orientador: Carlos Eduardo Leite Arieta.

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👤 Marcelo Cunha Melo Paiva Ribeiro. Impacto de lentes de contato gelatinosas na superfície ocular. 2017. Dissertação (Mestrado em Programa de Pós-Graduação em Ciências Médicas) - Faculdade de Ciências Médicas, . Orientador: Carlos Eduardo Leite Arieta.

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1.

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2.

 Otávio Siqueira Bisneto. LENTE INTRAOCULAR SUPLEMENTAR SULCOFLEX MULTIFOCAL:ANÁLISE DOS RESULTADOS E COMPLICAÇÕES. 2013. Tese (Doutorado em Programa de Pós-Graduação em Ciências Médicas) - Faculdade de Ciências Médicas, . Orientador: Carlos Eduardo Leite Arieta.


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Maurício Abujamra Nascimento. Testes pré-operatórios sistêmicos na cirurgia de catarata ambulatorial em adultos: estudo do impacto sobre a acuidade visual pós-Operatória e sobre as complicações cirúrgicas. 2005. 0 f. Tese (Doutorado em Ciências Médicas) - Universidade Estadual de Campinas, . Coorientador: Carlos Eduardo Leite Arieta.

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 Rodrigo Pessoa Cavalcanti Lira. Testes Pré-Operatórios na Cirurgia de Catarata Ambulatorial em Adultos: É Necessária uma Rotina?. 2002. 92 f. Tese (Doutorado em Ciências Médicas) - Universidade Estadual de Campinas, . Orientador: Carlos Eduardo Leite Arieta.

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**1.**

Victor San Martin Carvalho Corrêa. TCC Residência Médica. 2020. Orientação de outra natureza. (Residência Médica em Oftalmologia) - Faculdade de Ciências Médicas. Orientador: Carlos Eduardo Leite Arieta.

**2.**

Camillo Carneiro Gusmão. TCC Residência Médica. 2020. Orientação de outra natureza. (Residência Médica em Oftalmologia) - Faculdade de Ciências Médicas. Orientador: Carlos Eduardo Leite Arieta.

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Vicente Hidalgo Rodrigues Fernandes. TCC Residência Médica. 2019. Orientação de outra natureza. (Residência Médica em Oftalmologia) - Faculdade de Ciências Médicas. Orientador: Carlos Eduardo Leite Arieta.

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**5.**

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**6.**

Milton Agrizzi David. TCC Residência Médica. 2018. Orientação de outra natureza. (Residência Médica em Oftalmologia) - Faculdade de Ciências Médicas. Orientador: Carlos Eduardo Leite Arieta.

**7.**

## Outras informações relevantes

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OUTRAS ATIVIDADES 1. Vice-Presidente da Sociedade Brasileira de Lentes de Contato, Córnea e Refratometria SOBLEC. Gestão 2001/2003. 2. Tesoureiro da Sociedade Brasileira de Lentes de Contato, Córnea e Refratometria SOBLEC. Gestão 2003/2005. 3. Membro da American Academy of Ophthalmology. Até a presente data. 4. Membro do Conselho Brasileiro de Oftalmologia. Gestão 2003/2005. 5. Membro da Comissão de Honorários Oftalmológicos do Conselho Brasileiro de Oftalmologia – CBO. Gestão 2006/2007. (29/08/2006)

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UNIVERSIDADE ESTADUAL DE CAMPINAS  
FACULDADE DE CIÊNCIAS MÉDICAS  
ÁREA DE OFTALMOLOGIA  
January 7th of 2026.



Dear Immigration Officer,  
São Paulo, Brazil

My name is Carlos Eduardo Leite Arieta, MD, PhD, and I am a Full Professor of Ophthalmology at the Faculty of Medical Sciences of the Universidade Estadual de Campinas (UNICAMP) in Brazil. I have served as Head of the Department of Ophthalmology and Otolaryngology and as Chief of the Ophthalmology Service at UNICAMP. Over the course of my academic career, I have combined clinical practice, research, and academic leadership in ophthalmology, with more than seventy-five scientific publications indexed in SCOPUS. My work has been recognized through national and international awards, including the Antônio Champalimaud Vision Award, the Achievement Award of the American Academy of Ophthalmology, and the Vision Excellence Awards of the International Agency for the Prevention of Blindness. I am a member of the Conselho Brasileiro de Oftalmologia and the American Academy of Ophthalmology, and I have held leadership positions in professional societies within the field.

I am writing to provide this letter regarding the professional activities and contributions of Dr. Alessandra Kurahashi Dantas. I first met Dr. Dantas when she was a resident in ophthalmology at UNICAMP from 1996 to 1999. During which time, I supervised her training within our ophthalmology service. After she completed her residency, I invited Dr. Dantas to work in my private clinic in São Paulo as an assistant ophthalmologist, beginning in 1998. At my clinic, she worked with me regularly for many years, and we operated together on multiple occasions. In parallel with this private-practice collaboration, she also took on responsibilities in our university service related to resident training.

It is important to note that within ophthalmology, lacrimal system disorders and lacrimal surgery constitute a narrow subspecialty focused on the diagnosis and treatment of obstruction and dysfunction of the lacrimal drainage pathways. Surgical treatment in this area involves procedures such as dacryocystorhinostomy and related interventions, which require detailed anatomical knowledge and careful technique. In Brazil, relatively few ophthalmologists focus their practice on advanced lacrimal surgery, and there are limited training opportunities with substantial surgical volume in this field.

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ÁREA DE OFTALMOLOGIA  
January 7th of 2026.



In my private clinic, Dr. Dantas was the ophthalmologist to whom I routinely referred patients with lacrimal pathway disorders and related oculoplastic complaints. In practical terms, she assumed responsibility for the evaluation and surgical treatment of these patients in the practice's plastic and lacrimal surgery area.

At UNICAMP, during the period from 1999 to 2007 and from 2018 to 2019, she was designated as an instructor for ophthalmology residents in lacrimal surgery. Residents in our program observed and, when appropriate, performed lacrimal procedures under her supervision. Given the relative scarcity of specialists in this area in Brazil and the limited training opportunities with substantial surgical volume, her simultaneous work in my clinic and as an instructor in our university service contributed directly to maintaining the availability of lacrimal surgery within our service and to ensuring that residents had consistent, structured exposure to this subspecialty.

Notably, in addition to her work in lacrimal surgery, Dr. Dantas conceived and organized an early structured course on the use of botulinum toxin in ophthalmology in Brazil. At the time botulinum toxin was being incorporated into ophthalmologic practice in our country, there was no widely established, structured course explicitly focused on its ophthalmic indications (e.g., blepharospasm, facial dystonias, and related conditions). Identifying this gap, Dr. Dantas proposed the creation of a course dedicated to botulinum toxin in ophthalmology. After reviewing the proposal, I approved the course under my overall responsibility, and Dr. Dantas assumed responsibility for designing and coordinating it.

As such, she defined the scientific program, coordinated the participation of invited faculty, handled logistical arrangements, and negotiated with industry partners to obtain the necessary materials and product samples. The course was held in São Paulo, Brazil, during the XI Simpósio Internacional de Córnea e Lentes de Contato, in March 2004, where she served as coordinator of the course "Uso da Toxina Botulínica em Oftalmologia (Use of Botulinum Toxin in Ophthalmology)".

This was among the first structured educational activities in Brazil dedicated explicitly to the ophthalmologic use of botulinum toxin. Later, other institutions and scientific meetings began offering similar courses. The chronological sequence suggests that this initial initiative by Dr. Dantas helped define a model that was subsequently adopted and replicated. From an academic and professional standpoint, the conception, coordination,

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January 7th of 2026.



and execution of this early course represent an identifiable, original contribution to the dissemination of botulinum toxin techniques within Brazilian ophthalmology, with an impact that extended beyond her individual clinical practice.

In light of these facts and my direct professional experience with Dr. Alessandra Kurahashi Dantas in clinical practice, resident training, and academic activities, I consider that her background and contributions in ophthalmology, particularly in lacrimal system disorders and surgery, and in the early dissemination of botulinum toxin techniques in ophthalmology in Brazil, are of clear relevance for advanced ophthalmic practice and education. These contributions are identifiable in specific initiatives, such as her sustained role in lacrimal surgery within our services and her coordination of one of the first structured courses on the ophthalmologic use of botulinum toxin in Brazil, which, in my view, have influenced how these areas are practiced and taught.

I make myself available to answer any questions regarding the information above by email [carieta@unicamp.br](mailto:carieta@unicamp.br) Phone: or by phone number: +55-11-98526-0030.

Sincerely,

Carlos Eduardo Leite Arieta, MD, PhD  
Full Professor of Ophthalmology  
Faculty of Medical Sciences, University of Campinas (UNICAMP)  
Campinas, São Paulo, Brazil

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Documento assinado eletronicamente por CARLOS EDUARDO LEITE ARIETA, PROFESSOR TITULAR, em 08/01/2026, às 14:58 horas, conforme Art. 10 § 2º da MP 2.200/2001 e Art. 1º da Resolução GR 54/2017.



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## Contact

[www.linkedin.com/in/jeremiah-tao-193275297](https://www.linkedin.com/in/jeremiah-tao-193275297) (LinkedIn)

# Jeremiah Tao

Professor at UC Irvine  
Newport Beach, California, United States

## Summary

Chief, Oculofacial Plastic & Orbital Surgery  
Gavin Herbert Eye Institute  
University of California, Irvine

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## Experience

UCI Health Gavin Herbert Eye Institute  
Chief, Oculofacial Plastic & Orbital Surgery  
July 2007 - Present (18 years 6 months)  
Irvine, California, United States

UC Irvine  
Professor  
- October 2023

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## Education

Duke University

January 27, 2026

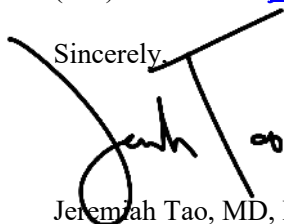
To Whom It May Concern,

My name is Jeremiah Tao, MD and I am a professor of ophthalmology at the University of California, Irvine, and chief of oculofacial plastic and orbital surgery at the Gavin Herbert Eye Institute, a position I have held since 2007. In this role, I oversee a high-volume tertiary referral service focused on complex oculofacial and orbital disease, as well as academic training and clinical education. I am writing to provide an independent professional assessment of Dr. Alessandra Kurahashi Dantas, whom I first met through international oculoplastic surgery specialty meetings and more directly during her observership with our division from October 1 to November 1, 2024.

During this period, Dr. Dantas participated in clinical activities consistent with the scope of an observership at an academic medical center. She attended patient evaluations, surgical cases, and case discussions, demonstrating a solid understanding of oculoplastic principles and clinical reasoning. Her engagement reflected prior formal training in ophthalmology and oculoplastic surgery, as well as familiarity with subspecialty-level practice. Throughout her observership, Dr. Dantas conducted herself in a professional and academically appropriate manner. She demonstrated the ability to follow complex clinical discussions, interpret surgical decision-making, and engage thoughtfully with faculty and clinical material, consistent with expectations for an experienced ophthalmologist in a tertiary referral environment.

Based on my interactions with Dr. Dantas and my knowledge of her professional background, I consider her to be a well-trained ophthalmologist with established experience in oculoplastic surgery. Her participation in our academic setting was appropriate and consistent with the standards expected of visiting physicians at a university-based referral center. For these reasons, I support her petition from a professional standpoint and consider her qualified within her field. I am available to provide additional information if required. Please feel free to contact me at (949) 824-7944 or [jeremiat@hs.uci.edu](mailto:jeremiat@hs.uci.edu) if I can provide further information.

Sincerely,



Jeremiah Tao, MD, FACS  
Clinical Professor of Ophthalmology and Visual Sciences  
Director, Oculofacial Plastic & Orbital Surgery  
Gavin Herbert Eye Institute  
University California, Irvine Department of Ophthalmology

January 21, 2026

To Whom It May Concern,

My name is Rodrigo Pessoa Cavalcanti Lira, MD, PhD. I am an Associate Professor at the Federal University of Pernambuco and a permanent faculty member of the university's Graduate Program in Surgery. I also collaborate with the Graduate Program in Medical Sciences at the University of Campinas. In addition, I serve as an Associate Editor and peer reviewer for Brazilian ophthalmology journals and as a reviewer for international medical journals. I am a full member of the Brazilian Council of Ophthalmology and the Brazilian Society of Retina and Vitreous. My professional activity is focused on ophthalmology.

I am pleased to provide this letter in support of Dr. Alessandra Kurahashi Dantas. I have known Dr. Dantas through professional and academic interactions within the field of ophthalmology and have had the opportunity to observe her professional development and clinical performance.


Dr. Dantas was selected to serve as an ad hoc reviewer for Arquivos Brasileiros de Oftalmologia, a peer-reviewed journal indexed in the Web of Science. Selection for this role reflects recognition of her technical qualifications and her ability to critically evaluate scientific work. Participation in the peer-review process requires professional judgment, familiarity with scientific methodology, and the trust of the academic community.

This recognition is consistent with her clinical background and formal training in ophthalmology. Her professional profile reflects appropriate clinical qualification and familiarity with diagnostic and clinical approaches routinely applied in ophthalmic practice. In addition, her prior scientific contributions, including publications related to orbital and vascular topics, demonstrate previous academic involvement and support her professional standing within the field.

Based on my professional knowledge of Dr. Dantas and her documented clinical and academic activities, I consider her to be a physician with a well-established professional profile and recognized qualifications in her field. For these reasons, I respectfully support her application and recommend her for favorable consideration.

Sincerely,

Rodrigo Pessoa Cavalcanti Lira, MD, PhD  
Department of Ophthalmology  
Federal University of Pernambuco – Brazil

Documento assinado digitalmente  
 RODRIGO PESSOA CAVALCANTI LIRA  
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To the United States Citizenship and Immigration Services (USCIS),

I am writing to provide my professional assessment and strong support for Dr. Alessandra Kurahashi Dantas' petition. This evaluation is based on my extensive experience in ophthalmology and on my long-standing professional acquaintance with Dr. Kurahashi Dantas and her work.

My name is Pablo Cibils, MD, and I currently serve as President of the Sociedad Paraguaya de Retina y Vítreo. I have also previously served as President of the Sociedad Paraguaya de Oftalmología. My professional career has been dedicated to clinical practice, academic activity, and leadership within national ophthalmologic societies.

I first became acquainted with Dr. Kurahashi Dantas during our medical residency training at the State University of Campinas (UNICAMP). Since that time, I have followed her professional trajectory through continued interactions at international congresses and scientific meetings. As an ophthalmologist practicing in another country and as a leader of national scientific organizations, I can confidently attest to her solid professional background, ethical conduct, and consistent clinical performance.

Dr. Kurahashi Dantas has built a solid reputation for clinical excellence, with a professional profile centered on comprehensive ophthalmology and oculoplastic and lacrimal system care. Throughout her career, she has demonstrated consistent clinical judgment, technical reliability, and a high level of professionalism in the management of complex ophthalmic cases. Based on my long-standing professional acquaintance with her work, I can attest to her strong commitment to quality patient care, careful clinical decision-making, and responsible management of both medical and surgical ophthalmic conditions.

Her work within the public healthcare system deserves special recognition, as it reflects a high degree of professional dedication, adaptability, and efficiency in demanding clinical environments. Dr. Kurahashi Dantas consistently demonstrates a strong sense of responsibility, ethical conduct, and commitment to maintaining high standards of care while managing a substantial clinical workload.

In addition to her clinical practice, Dr. Kurahashi Dantas remains actively engaged in the academic environment, participating in scientific meetings and contributing to the advancement of ophthalmology through continued professional development. Her professional profile encompasses comprehensive ophthalmology, oculoplastic and lacrimal surgery, cataract surgery, and ophthalmic emergency care.

Based on my direct knowledge of her career, professional integrity, and sustained clinical performance, I strongly support Dr. Alessandra Kurahashi Dantas' application and consider her a physician of exceptional ability whose work brings meaningful value to the medical community.

I offer this letter in full support of her petition and remain available to provide any additional information if required.

Sincerely,

A handwritten signature in black ink, appearing to read 'Pablo Cibils', with a large, stylized initial 'P' and a long horizontal stroke extending to the right.

Pablo Cibils, MD  
President – Sociedad Paraguaya de Retina y Vítreo  
Former President – Sociedad Paraguaya de Oftalmología  
Asunción, Paraguay  
Email: pablocibils@gmail.com  
Phone: (+595) 985 490566

Date: January 24, 2026



BAYLOR COLLEGE OF MEDICINE  
Cintia S. de Paiva, MD, PhD  
Professor

Houston, January 27, 2026

The United States Citizenship and Immigration Services (USCIS)

To Whom It May Concern,

It is my great pleasure to write this letter of support for Dr. Alessandra Kurahashi Dantas, whom I have known through long-standing academic and professional interactions within the ophthalmology community.

I am a tenured Professor in the Department of Ophthalmology at Baylor College of Medicine (BCM), Houston, Texas, USA. My research is oriented toward cellular immunology, with an emphasis on Sjögren disease, the microbiome, and aging. I authored or co-authored >180 peer-reviewed publications and seven book chapters (h-index = 70, Google Scholar). As an educator, I have mentored over 15 postdoctoral fellows, two medical students in a research track, and nearly 20 medical students in their elective research rotations. My mentees became Assistant Professors or transitioned to high-level Industry positions as Medical Liaisons and Directors at Contract Research Organizations. In 2019, Baylor College of Medicine recognized my efforts as an educator by presenting me with two prestigious Norton Rose Educational Awards in the categories of "Teaching and Evaluation" and "Enduring Materials." Recently, I received the Caroline Elles Endowed Professorship in the Department of Ophthalmology at Baylor College of Medicine. Currently, I am the Editor-in-Chief of *The Ocular Surface* and an expert in ocular immunology, transcriptomics, and ocular surface diseases.

I have had the opportunity to follow Dr. Dantas's professional development over several years, including during our earlier training period and through continued interaction at national and international scientific meetings. Throughout this time, she has demonstrated consistent clinical competence and a strong commitment to maintaining updated medical and surgical standards in ophthalmology.

Dr. Dantas has established solid experience in oculoplastic and lacrimal surgery, with clinical practice focused on periocular and lacrimal system disorders. Her work reflects technical consistency, sound clinical judgment, and adherence to evidence-based practice. She manages complex cases with attention to detail and appropriate surgical planning, characteristics expected of a physician with advanced training in this subspecialty. Her ongoing professional development is further demonstrated by her participation in international academic activities, including her observership in oculoplastic and lacrimal surgery at the University of California, Irvine, in 2024. She has also maintained active involvement in major ophthalmology meetings, including ASOPRS and the 31st International Oculoplastic Congress (CIOP), as well as her participation in the *Sociedade Brasileira de Cirurgia Plástica Ocular* (SBCPO). These

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BAYLOR COLLEGE OF MEDICINE  
**Cintia S. de Paiva, MD, PhD**  
**Professor**

activities reflect her continued engagement with international standards of care and professional education.

Based on my knowledge of her background and clinical trajectory, I consider Dr. Dantas to be a well-qualified ophthalmologist with consistent professional development and a focused commitment to oculoplastic surgery. I believe her training and experience support her pursuit of continued professional activity in the United States.

Please feel free to contact me should further information be required.

Sincerely,

Cintia S. de Paiva, MD, PhD, Gold Fellow of ARVO  
Professor, Caroline Elles Endowed Professorship  
Ocular Surface Center, Department of Ophthalmology  
Baylor College of Medicine, Houston, TX, USA  
Editor-in-Chief, The Ocular Surface Journal



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review.

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 CNPJ: 51.995.819/0001-77

**PAYMENT DETAILS:**  
 Brazilian Society of Ocular Plastic Surgery Banco do Brasil / [Branch](#): 4148-3 / [Account](#): 23940-2

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**PANEL - 04/12/25**

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**Timeline** **Transcription**

- 4:47 I'll even extend an invitation for her to come back with more time so we can talk about these main surgeries.
- 4:52 That's what our audience likes to know. Cintia, it's starting to sag a little, what do we do with it?
- 4:59 Sometimes it's not just a matter of aesthetics, but of health, in short. But today,
- 5:04 Dr. Alessandra, I'd like you to talk a little bit about this itching issue. I even joked about it.
- 5:11 With Cintia, right? Oh, itchy. Good, good, doctor. But I know, it's a little problem, right? No. Tell us about it.
- 5:19 Why can rubbing your eyes be so problematic for our eyes?
- 5:26 Well, Juliana, this complaint of itchy eyes is one of the most common complaints in...

Portuguese (automatically generated)

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With Juliana de Paula 1st interview Dr. Alessandra Kurahashi Dantas - Ophthalmologist |

Topic: Itchy eyes: causes, risks and practical care | @draalessandrakdantas 2nd interview

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Whatsapp: (19) 9 9200-5515 30 years on the air! I am part of this blessing! Like, subscribe, share! Be part of this blessing!

## TRANSCRIPT

0:00

When it comes to retirement, talk to Leandro and Lia from Deféria Assessoria. Deféria has already retired.

0:09

Thousands of people have already achieved their dream, and you could be the next one to conquer it.

0:14

Retirement. So don't waste any more time. Call now and secure your retirement.

0:21

Your retirement with Leandro and Lia from Defé Assessoria. Note the number of

0:27

Phone number: 991585313. I'll repeat: 99158

0:34

5313. The advisory service is approved. A new sky, a new sound. Magnífica FM.

0:43

FM. You, a member of the Magnificent family, are our

0:49

special guest to celebrate the 30th anniversary mass of the radio station, which is an idea of

0:55

God. The celebration will be on December 8th at 8 PM at

1:01

São Domingos de Guzmão community, in Parque Egisto Ragazzo in Limeira,

1:07

presided over by Bishop José Roberto Fortes Palau and priests of the diocese. Come.

1:13

Celebrate this important date with us. Bring your family and friends.

1:19

My soul glorifies the Lord.

1:26

My spirit exults with joy.

1:31

Radio Magnífica FM, 30 years on the air. I am part of this blessing.

1:41

An idea of God.

1:48

Information in a light and relaxed conversation. Panel starts now.

1:54

Magnificent with Juliana de Paula.

2:11

Hello, my dears. Good afternoon. We're starting another Magnificent Panel this Thursday. There's a...

2:18

My dear friend Ana Cecília, who says, "Thursday is almost Friday." Which is just to give a boost to those who are waiting.

2:23

Have a great weekend. Another great day. Another great day. May you be...

2:29

Living their big day there. Today we have another topic, or rather, two topics.

2:36

We have some very special people today to talk about here on our panel. Cintia, good afternoon, my dear.

2:41

Good afternoon, my dear. Just go. But look, let's talk to our...

2:47

This is an audience that you can and should participate with us, because otherwise this program is no fun at all without you.

2:52

Participation. So, we have two topics today. Both, Cintia, are about health or about the health of our eyes.

3:01

That pleasant itch you get in your eye. Ah, I had that today, girl. Yeah, me.

3:07

We're closing in, as they say, until we fall off the perch, right? Nice, girl. Is this for real? We

3:12

No, I can't. Just this week I was scratching my left cheek so hard I...

3:18

I hurt myself. I almost made an appointment with an ophthalmologist. I don't even know if the doctor will tell me to do that, but anyway.

3:24

Let's talk about this, the precautions, the risks involved in maintaining your eye health. And then, still on the program...

3:30

Today, we're going to talk to a physical therapist about this time of year when we...

3:37

You end up getting a little more tired because you're afraid, you have work, you have this and that, right? There are some pains that they

3:43

They start appearing there in the lower back, feet, and legs. Feeling that too.

3:49

It's my daughter because she looks like she's carrying the weight of the whole year, so she'll also give us some guidance, or

3:55

In short, there are many reasons for you, who are following us, to participate, send your questions, say good afternoon, and talk.

4:02

That you love us, that you love our company, because we love you.

4:07

Yours. So participate, okay? We already have our first interviewee, Cíntia?

4:12

Yes, we do. Let's check if it's already available in audio and video; we can already see it there. It's beautiful. Very good.

4:20

Good afternoon, Dr. Alessandra Curache Dantas.

4:26

Dantas. I got it right. Curacha. You got it right. Good afternoon, Juliana. Good afternoon

4:32

To all our listeners. It's a pleasure to be here today talking with you. And it's a pleasure to have you join us.

4:40

Speaking. Doctor, a doctor who is an ophthalmologist and also a specialist in eye surgery.

4:47

I'll even extend an invitation for her to come back with more time so we can talk about these main surgeries.

4:52

That's what our audience likes to know. Cintia, it's starting to sag a little, what do we do with it?

4:59

Sometimes it's not just a matter of aesthetics, but of health, in short. But today,

5:04

Dr. Alessandra, I'd like you to talk a little bit about this itching issue. I even joked about it.

5:11

With Cintia, right? Oh, itchy. Good, good, doctor. But I know, it's a little problem, right? No. Tell us about it.

5:19

Why can rubbing your eyes be so problematic for our eyes?

5:26

Well, Juliana, this complaint of itchy eyes is one of the most common complaints in...

5:32

our ophthalmology clinic. However, we have to understand that rubbing your eyes is not normal. So, when the

5:40

The patient comes in with this complaint, and we have to explain that we need to investigate the cause of the itching and look for...

5:48

Treat according to the cause. So, indeed, the eyes can cause some problems.

5:55

There are several situations that we need to investigate.

6:01

Doctor, and what are the main causes? We can list them, for example, there are...

6:07

Dry weather can cause more itching in the eyes. I use

6:12

Contact lenses can also cause dryness, leading to discomfort and the urge to scratch. There are causes that...

6:19

Can we list them? Yes. The most common cause is allergies.

6:25

Uh-huh. Those are atopic patients who may have allergies in their eyes, allergies in their nose,

6:30

That runny nose. And usually in these allergic cases, they are related to common allergens.

6:38

That can be in everyone's house, for example, household dust, dust mites, right? Or makeup, makeup.

6:45

that you use face cream or makeup around your eyes, shampoos,

6:51

It's nail polish, food. That's one of the most common causes.

6:57

The second important cause, which you mentioned, is dry eye. What?

7:02

What does dry eye mean? Dry eye is not more common in dry weather. Dry eye is

7:08

It may appear, but the patient may have dry eye at any time of year. Dry eye is when...

7:15

tears lack both the quality and quantity necessary to lubricate the

7:21

cornea. Then the patient starts to have a sensation that there's sand in it, that

7:26

There's a foreign object present, and it might also cause itching. Lastly, I will...

7:31

Let's list the most common causes, OK? It's when the patient has inflammation on the edge of the eyelid, where the root of the...

7:38

eyelashes, where some patients may have a scab growing in that area.

7:44

The technical name is blepharitis or meibomitis, which is also a very common cause of itchy eyes.

7:51

And this itching, right? This way we... because with itching, we just go there with our thumb. My God, when...

7:57

We remember how sensitive it is, it even hurts our hearts to see how much we scratch. But there's a...

8:03

The question is, that's what you call keratoconus, doctor. This itching can lead to that.

8:11

It's not a disease, right? It's a, I don't know how I could put it,

8:17

What is it and why might it cause this? So, when you rub your eye, you do a

8:24

Mechanical trauma to the eye, especially to a structure called the cornea, which is

8:31

Imagine it as if it were the eye, a little clock. That little glass of the clock is...

8:36

The cornea in our eye, that transparent part. And by applying that pressure, you alter the architectural structure of the...

8:44

cornea. And what happens? Instead of being a round structure, it starts to become pointed, it

8:51

It has a cone-like shape, hence the name ceratocone. And what does that mean?

8:57

What kind of harm? The harm is that the patient will experience a decrease in visual acuity, in

9:02

Quality and quality. Often, we can't improve things with glasses.

9:08

Sometimes patients have to wear rigid contact lenses, and in some cases surgery, even a cornea transplant.

9:16

Oh no! The act of scratching can actually intensify that chance of you...

9:23

Developing contact, you understand? And there's also the possibility, through

9:29

This act of retinal detachment is also very serious, right?

9:35

Yes, it exists, it's not the most common consequence of rubbing your eye, but

9:41

There are reported cases that may involve patients with retinal detachment due to...

9:46

This extremely vigorous, aggressive rubbing of the eyes. The most common symptom is...

9:52

So, doctor, once we identify it, you already said that, look, it's...

9:57

Itching isn't something you should be scratching. So, if it's itching, you need to identify something. It's either an allergy or this type of infection.

10:04

That's where we end up influencing it, either with the makeup or the cream, right? So, at that point of...

10:10

Given the use of creams and makeup, women end up feeling this more acutely.

10:17

The need to rub your eyes, or is it unrelated, doctor? No, it's unrelated because the cause is...

10:25

It's multifactorial, right? But it's very common for the patient...

10:32

Atopic dermatitis is a condition affecting patients who have allergies that manifest in various parts of the body. So, it's generally that type of allergy.

10:38

child who has a dog, cat, at home

10:43

stuffed animal, room with lots of furry rugs, furry blanket,

10:50

Curtains that generate dust. So, that's the most common scenario.

10:55

In other words, almost everywhere in the house, right, folks? Pets. Exactly. For those with children, stuffed animals.

11:02

So, doctor, another point I've noticed is self-medication.

11:07

I don't know, I believe so, that it must be a problem too when we talk about eyes. So we go there and

11:12

They say it's just a little eye drop. Then you go and think you're doing great, because it's going to lubricate your eyes and...

11:19

Use the eye drops, I don't know, to soothe, to moisten the area a little, you know.

11:26

Never. How should we proceed? Or is there an eye drop that is OK to use?

11:31

In situations of heightened irritability, what guidance do you offer our audience regarding...?

11:37

Yes, Juliana? Uh, as I said before, the cause of the eye problem is...

11:43

There are many reasons for itching. So, depending on the cause, the treatment will vary. Therefore

11:50

Ideally, the patient should see an ophthalmologist, because they are a specialist who will be able to determine the best course of action.

11:56

exactly what he will need to pass on to that patient. So, for example, if the patient has allergies to...

12:03

Eye drops are a type of eye drop. If the patient has dry eyes, it's because of...

12:08

Dry eye that causes itchy eyes is completely different, you understand? If he has that inflammation in the eyelid, it's...

12:15

another type of treatment. Now, there are several eye drops available at the pharmacy that are

12:20

Antihistamines, which are available over-the-counter, can be purchased by the patient. However, the only

12:26

One thing I like to make quite clear is that some people may use

12:34

Eye drops containing corticosteroids to improve allergy symptoms. Uh-huh. No.

12:39

There is no problem using corticosteroids, however they should be used sparingly.

12:44

Caution and for a short period of time. Because chronic use of corticosteroids without

12:50

supervision is important, as it can have some consequences for the eye, mainly

12:56

Increased eye pressure, which is a disease called glaucoma, and the appearance of cataracts, which is that

13:03

Clouding of the lens that causes decreased vision. Guys, it's much more serious than...

13:09

That's what we imagine, right? And I think people somewhat neglect, you know, doctor, the seriousness of it. Oh, yes.

13:18

Just a little itch, or is it just a little eye drop I'm going to put on? Actually, it's going to do me good. You

13:23

You realize there's a lot of that among us, right? Among Brazilians, anyway.

13:28

Oh, look, I'm not going to suddenly give it as much importance as I do to other parts of my body.

13:34

Exactly. Exactly. Uh, to scratch your eye, you have to.

13:39

Remember that it's not normal. It's not normal for your eye to be itchy, right? It's a sign that...

13:44

There's a problem with the eye, and we need to investigate. People don't give it much importance, but it really is an issue that...

13:53

This is worrying. At my house, for example, my son, who is the son of an ophthalmologist, scratches a lot, and today I picked up the...

14:00

On his own two feet, I teach him, I show him videos, it's difficult, but we have the role of being there.

14:06

Guiding, right? Uh-huh. And guiding in the right way. What I wanted to say is this,

14:11

If you're in a situation where your eye is very itchy and you have no other option, you can put some cold water on it.

14:18

For your face, you can apply a small cold compress directly to your eyes.

14:24

It doesn't need to be a compress with chamomile tea, peppermint tea, or water.

14:30

Cold. But what do you use, doctor? A little cotton ball, a cloth, a little cotton ball, a damp cloth, or

14:37

You put the ice in the bag, place a cloth over it to protect your skin, and then put the ice on top. Uh-huh.

14:43

You have those little thermal bags, you know, that you can use. And lastly...

14:48

In cases where you really can't avoid it, because ideally you shouldn't scratch, you

14:55

You can press a little here, in the corner of your eye near your nose.

15:01

Gently, or here in the corner to the side, without pressing on the eyeball.

15:07

I'm practicing like this already, see? Something very elegant, right, doctor? Like,

15:13

When we're about to cry, look. Don't squeeze your eyes shut, okay? Not in here, right? It was even...

15:20

Commenting, right, doctor? I even sent it to you in the audio. I said, I was commenting with her, Ctia, that you already... these days

15:26

Use your thumb, folks. It's kind of automatic. My eye started itching, and I even hurt this little eye here. In a

15:32

In a situation like this, doctor, now I can clearly see that everything is OK, right?

15:38

I haven't been to the doctor yet, but in a situation like that where you see it's causing a little injury, the ideal thing to do is to seek medical attention.

15:44

Specialist, doctor. Oh, yes. Because you can do that.

15:49

In that urgent need to rub your eye forcefully, you might... oat is something that appears very...

15:56

Later, right? Not right away, but you can hurt the thin membrane covering your eye, which is the conjunctiva. Uh-huh.

16:04

You can actually injure your cornea, which gives that foreign body sensation. So, if you're feeling something that isn't...

16:11

It's normal, we just do it in the office using a device that is a

16:16

Using a magnifying microscope and a special dye, we can see if there are any injuries.

16:22

Perfect. Doctor, you've mentioned several possible causes of this itching.

16:28

In that need that you already emphasized, which isn't normal. Uh, but there are some risk factors. For example, we

16:35

We have air conditioning, we have screens, right? We spend all our time glued to our phones or computers. Uh, uh.

16:42

This can give a bad feeling and encourage, you know, this desire to

16:49

itching your eyes, that discomfort, you know, if you're using air conditioning, uh, screens, all of that makes you...

16:56

In drier environments and with excessive screen use, we end up forgetting to blink.

17:02

There are studies that have been done that have counted the number of times

17:07

That the person blinks in normal situations or when they are using a screen. So

17:13

There is a very large decrease in the number of blinks. And when you blink less, you lubricate your eye less and

17:22

It feels more like discomfort, right? And when you get that warning sign that leaves you speechless, you...

17:28

You need to schedule an appointment with an ophthalmologist, doctor, it's too much, I'm itching so badly, I can't stand it anymore. When is that appointment?

17:34

At this moment, doctor? The eye can give some signs for

17:39

People. So, for example, it can turn abnormally red, it can

17:44

to present a slight swelling in that little piece of skin that covers the eyeball, which is

17:50

Conjunctiva. Uh-huh. You can hurt the cornea, which causes, well, it's like a little scratch.

17:56

A condition called keratitis in the cornea causes pain, decreased vision, or even itching.

18:02

That's intense, and you realize it's out of the ordinary. Those are signs that you really need to seek help.

18:10

Perfect. Cintia, some people have been asking for the doctor's contact information, right?

18:15

Yes. Look how great, our audience is arriving here. You said not to leave us alone, people are arriving and saying good afternoon to the doctor.

18:23

Asking where the doctor practices, and if we can share her contact information and address.

18:28

You have the doctor's Instagram, right? You can find her there. Doctor Alessandra

18:33

K Dantas. Correct. Correct. That's it. Doctor, do you see patients in Campinas?

18:39

Where is it located? Yes, I see patients in Campinas, on Visconde de Campinas street.

18:45

Uh-huh. It's in Nova Campinas. Perfect. Call me if you want, I can leave it later. Great. Okay. Leave it like that.

18:52

We're sending this to our broadcast list so people can follow along. And have you all been there yet?

18:58

You can follow the doctor's work, because she also does a lot of work on social media, so you can get to know her style a little better, what

19:05

She posts things there. I saw that she was giving an interview somewhere else today too. I already went to check out her Instagram.

19:12

It's marathon day, right, doctor? And we also have a question, Ju. Oh, we have a question, doctor. Let's go.

19:19

Our listener, Ana, she had facial paralysis 10 years ago, and the neurologist and the

19:24

The ophthalmologist prescribed an eye drop called hypromellose 3 mg for daily use. And

19:31

She would like to know the doctor's opinion on whether this could cause problems over time, associated with facial paralysis.

19:38

No, she should use lubricating spoons, mainly because when you have facial paralysis,

19:47

He has difficulty closing his eye. The facial nerve is a nerve that innervates a

19:52

The muscles that close the eyes. If you have paralysis, you can't close them.

19:58

Closing your eyes means they aren't lubricated. This can have many consequences.

20:04

So yes, it's important to lubricate the eye with eye drops, and ideally, it should be done with care.

20:11

that don't contain preservatives. The hypromellose she uses is a good option. Perfect. Doctor, thank you very much. I found it.

20:18

This conversation went by too fast. I want to say goodbye and thank you for your participation.

20:24

If you're still with us, stay tuned, we'll be right back on our panel. Let's go to our first break. But...

20:29

Dr. Alessandra, thank you in advance, I wanted to leave this space for you to also share a message, even if it's just a brief one.

20:34

A quick word of advice for whoever is listening now, to summarize everything you've shared with us so far.

20:41

What I like to say is that rubbing your eyes is not normal.

20:48

This is a sign that there may be a problem with your eye. It's a good idea to see a doctor.

20:54

A specialist will help you receive the appropriate treatment. Avoid scratching whenever possible.

9:00 PM

The glasses. Thank you so much. And we even learn that we look more elegant, darling. Here, in the corner, look. Oh, give me a...

21:06

Just a little something. Show me, Cynthia, here. Here. Okay? Okay. Done. I'll do it.

21:13

That's because my eye is itchy and whatever happens, I'm going to make an appointment with Dr. Alessandra to get my eye checked, you know, that

21:18

I ended up hurting myself while scratching. Doctor, come back anytime. Let's talk about...

21:24

Other matters. You'll always be very welcome here, you know? Kisses. Have a great Thursday. Bye-bye.

21:30

Thank you for the invitation, Juliana. See you soon. Bye-bye. Let's go to our break. Don't go anywhere. (Illegible text)

21:37

We're still on the topic of health, but now we're shifting focus away from the eyes. Let's talk about it.

21:43

...of pain in the legs, lower back, everywhere. So stay with us. We'll be right back to talk to...

21:49

Our other expert, Dr. Mariana. Just two minutes.

22:01

Don't go away. Magnifica Panel will be right back.

22:11

33.5 noon and 23 minutes.

22:17

Cultural support: Electronics at Parque Hipólito. Technical assistance for TVs, microwaves, and home theaters.

22:24

Theater systems, powered speakers, car audio amplifiers, equipment, professional sound systems, and speaker repairs.

22:32

Sales of cables and accessories in general and equipment for car audio. Parque Hipólito Electronics, Avenida

22:39

Marial Deodoro da Fonseca, 106, Parque Hipólito, Limeira. Telephone 34526657

22:48

or 3495 2795. Parque Hipólito Electronics.

22:57

Come and discover Pil Sapor e Paneteria, your new flavor hotspot in Limeira.

23:03

We are located at 400 João de Eberger Street in a super container.

23:09

Cozy in Egisto Ragazzo Park. Next to Magnífica radio, here you

23:15

You can find traditional and artisanal breads, a variety of cold cuts and dairy products,

23:21

In addition to cakes and cookies with that homemade taste. Always fresh and high-quality products.

23:27

Ready to make your day much more enjoyable. And Sapor, the flavor that...

23:33

embrace. An idea from God. 103.5.

23:43

May your heart be filled with tenderness and warmth to welcome the child.

23:49

Jesus. One

23:57

Blessings in our home.

24:05

You are on the Magnifica Panel.

24:28

We're back with today's Magnificent panel, packed with great information and excellent...

24:34

Experts, two guests. We just talked about the care we need to take with this itchy eye.

24:40

Especially when the weather is dry, right? Cintia, oh my God, what agony. We even learn if you arrived.

24:46

Now, afterwards you can go to YouTube and see how to scratch properly, elegantly and healthily, okay?

24:51

With elegance so as not to strain our little eyes. Oh, it's such a precious thing, isn't it, folks? We only have two, we have to take care of them. There you go.

24:58

Now we're going to talk even more about health, but first I want to reinforce with you, if you're not already participating in the...

25:06

Magnific's Christmas campaign this year. Participate. The investment for you.

25:12

Entering to win three amazing prizes costs only R\$12. We also...

25:17

Actually, I'm saying here, we still have, we still have our little notes there. Yes, man.

25:23

Take advantage of Ju's hours here and get yours now. We're lucky, you know? It's amazing when we bring good fortune.

25:29

Exactly. Lucky charm. Okay then. We're lucky charms. And look, let's reinforce for everyone the prizes, which are so wonderful. The

25:35

The first money in your pocket is great. If it's R\$... Jô, almost there, like us.

25:41

It mentions a 14th salary there. So, it's worth it. Oh, I didn't get it. There's a second one.

25:46

The prize is a Christmas CA for 10 people. A complete, delicious, and complete meal.

25:53

Delicious. And the third prize, just as beautiful and cool, a lovely nativity scene.

25:58

And there's a detail we acquired in Aparecida during our wonderful family's visit from there.

26:04

In October. That's it, folks. So, participate. How do you do it? This is the contact that we...

26:09

It always passes to you, so you can participate with us, the 19992005515,

26:15

It's our Pix. There you'll make the R\$12 payment, or however many R\$12 payments you want, to...

26:21

You'll be in even greater contention for the prizes. Do it, send a Pix payment, that's it.

26:26

Here's a little proof of payment: make a Pix payment to this number, send the proof of payment to this number as well, and then our team...

26:31

Our production team will send your ticket soon, and you'll be entered into the draw. When will the drawing be, everyone? Tom

26:37

Lost here, look. One ticket, three chances to win, and the drawing will be in the federal lottery on [date].

26:43

December 20th. Done. It's exactly December 20th, it's right there.

26:48

Because Christmas is already knocking on the door. Delicious. Participate, send me a message!

26:53

Now, I want us to give you all the instructions, okay? Let's go so we can really enjoy our time together.

27:00

Next topic, our next guest who's already ready with us,

27:06

Dr. Mariana Milazoto, physiotherapist and master in medical science. Hi, doctor.

27:12

Is everything alright? Everything's fine. Good afternoon, Dr. Mariana, good afternoon. Can you hear me well?

27:17

I'm listening to you. You are, I don't know if you're hearing your own voice, but I can hear you perfectly well, okay? Anything

27:23

Okay, great, we'll adjust things here. Dr. Mariana adjusted her schedule to be here with the...

27:29

People on our panel. Thank you so much, doctor! You're welcome, you're welcome. It's a pleasure.

27:35

It's so great to have you here. Doctor, I loved this topic because, well,

27:40

Indeed, at this time of year, it's common for some aches and pains to appear.

27:47

More often, because it's kind of frantic, right? We do a lot of things, it's a crazy rush. And what...

27:54

That causes these pains, right? What are the reasons and what are the main pains in this condition?

28:00

Time of year? So, uh, Juliana, uh, in December...

28:06

The pace of life and the rhythms of Brazilians change, right? Uh, these are the parties that are...

28:12

Upon arrival, the get-togethers begin to take place. So, uh, especially for the

28:20

women who end up taking on domestic chores, many of whom work

28:25

Outside of work, they also need to fulfill their commitments. So, they

28:30

They often have many complaints of leg pain, lower back pain, and so on.

28:38

Swelling at the end of the day. These are complaints that are recurrent throughout the year, but that

28:43

They usually get worse because of this faster pace we have in

28:49

December. Generally, this is due to the long periods of standing for women who stay...

28:56

more time spent on household chores, cooking, planning dinner,

29:02

Planning lunches is also for female executives who need to...

29:08

participating in many get-togethers, being there at many events, that's what happens.

29:15

They add up to the work routine, right? Uh, in general, women have much more

29:20

complaints about what men have at that time. And stress or even fatigue has

29:28

some intensity, contributes in some way to the intensity in that

29:33

Pain? Is it something physical or does emotional pain also weigh on this situation? Wanting to give

29:39

Tell me everything, it'll be alright, let me do it, how does that work, right? And if it changes

29:45

Yes, doctor. Those who don't usually experience these pains, and those who already have pain all year round, experience an intensification of them.

29:52

Okay? Yes. So, stress, we know today that stress is a trigger.

29:58

Significant inflammation. So, for those who have pain, stress increases cortisol, which is a stress hormone.

30:06

Our body, uh, it tends to amplify these pains, these pains in the legs.

30:13

when there are vascular complaints, when a woman, for example, presents with lipedema, which is another very common complaint.

30:20

common, because 12% of Brazilian women have lipedema,

30:26

Lower back pain, and beyond that, stress, and sleep deprivation, right?

30:32

Because of this rhythm, we end up reducing our sleep hours a bit.

30:38

...and also the quality of sleep, not just the hours. And sleep deprivation or lack of sleep.

30:44

Repairing also contributes significantly to this increase in pain. And yes,

30:51

Women who already experience these pains throughout the year often complain that they intensify during this period.

30:59

It's a time of year because of all this multitasking, especially for those who have children.

31:04

You have to speed up all the preparations for the children's end-of-year school parties. And it's party favors.

31:12

Christmas for everyone. So, there's a lot to do, and it's organizational.

31:19

That also causes stress; it's an important emotional issue as well.

31:24

Right? And as you mentioned, stress increases pain in most cases.

31:30

People, it increases muscle tension. And then you mentioned an important point that has been discussed a lot, including...

31:36

Lately, the issue of lipema has been very popular. You're an expert on this topic, right? I want you to come back to this later.

31:42

To talk specifically about that. Have you ever heard of lipedema? I'm not familiar with it.

31:47

Girl, this is a fantastic topic. It's rare, doctor, for women to have it. It's like, I'm going to say something quite vulgar...

31:54

So, it's like cellulite, a lump, localized fat in the abdomen.

32:00

Legs especially, right, doctor? Well, you know I'm not an expert, but anyway, just so we can visualize it. Tell me.

32:07

Just a little bit about that for us. Actually, lipedema isn't rare, okay? There are studies that show that...

32:13

12% of the Brazilian female population has a disease that is prevalent in

32:18

Women. 12% of women have or will have symptoms of lipedema during their lifetime.

32:25

Life. A disease that's related to a genetic history, as well as hormonal imbalances.

32:32

related to estradiol. That's why it's a prevalent disease in women.

32:37

And the fat cells in the legs, they become inflamed in a way that... it's a...

32:43

Disproportionate inflammation. We call it a chronic inflammatory mycovascular disease. And these cells of

32:51

fat, they become inflamed and accumulate fluid between them, and it also increases

32:59

fibrous. So it has that orange peel cellulite appearance, but it's a painful cellulite, because lipedema is...

33:06

A type of fat that hurts to the light touch, unlike cellulite, caused only by changes.

33:12

It's a habit, right? It's a type of fat that you can press on and it doesn't bother you when you touch it.

33:19

In lipedema, pain on touch is significant, pain on light touch is significant.

33:25

So, that's the big difference. Perfect. And generally, lipedema occurs in the lower part of the body.

33:33

Can it occur in the legs, or also in the arms, for example? Yes, we have several types of lipedema.

33:39

And we primarily see that the disproportionate accumulation is in the limbs. Uh, the

33:46

Depending on the type, it's either on the hips, or on the thighs, or on the hips.

33:53

thighs and leg, that thick leg, that ankle. It looks like an ankle brace holding it back, but actually

34:00

It doesn't have one. So, we call it a garrote. Uh, uh, that woman who wears

34:05

The boot and the boot zipper won't close because the zipper is too big. So,

34:10

It happens on the legs, and for some women it can also happen on the arms. We observe the wrist.

34:19

usually a little bit plumper. This area of the arm here with nodules

34:24

palpable fat deposits. It's not just a chubby arm, it's an arm that has lumps of...

34:30

Palpable fat deposits and those nodules hurt. Uh-huh. That's an interesting sign then. It's painful. You just don't

34:37

Grab the little bump. It hurts. That really bothers you, doesn't it? It's a mild discomfort. So, most people...

34:45

Regarding complaints, for example, "Oh, my husband puts his hand on my leg at night while watching television, and I feel it."

34:50

It's as if the weight of the touch is greater for these women.

34:56

I understand, doctor. And in that case, then, the tension is doubled, right? Because we're talking about a type of pain that ends up...

35:03

intensifying at this time of year. For those who already have lipedema, which is everything you explained, or even

35:08

Inflammatory conditions, the tendency with this stress, with this fatigue, with this very hectic pace.

35:15

Why is standing for so long that this discomfort is greater in these specific cases?

35:21

Ah, yes. First, when we talk about lipedema, there's a question...

35:27

functional lymphatic system, which is the system that, uh, uh, uh, helps to

35:34

to eliminate excess fluid from the body. And then these women usually have a

35:39

a feeling of heaviness and swelling in the legs at the end of the day. So, at that time,

35:45

When you spend more time standing, it becomes even more evident, right? There are...

35:51

pain, also due to swelling, is common in women, for example, who already...

35:57

Do you have any complaints about back problems, muscle problems, or spending a lot of time in...

36:04

Standing, spending a lot of time doing housework, sometimes wearing unsuitable footwear, high heels.

36:12

High temperatures also intensify the postural and muscular issues associated with these pains.

36:18

Lower back pain. Uh, but we have some tips that we sometimes give, which are...

36:24

They're kind of silly, but they help a lot. People think they're silly. Uh-huh.

36:29

But this change in daily habits helps a lot in alleviating these complaints.

36:34

And we'll want to, doctor, but I'll do the following: I'll go to our break, we'll go to CBBIN, and I...

36:41

I'm also a little hoarse here, actually, but we'll be right back so you can tell us how...

36:47

Physical therapy can help. Not just at the end of the year, but in general, for those who have these pains in the lower back, legs, etc.

36:54

feet, shoulders, right? That weight we feel and those changes in habits, in routines, because everything that

37:01

To help, to avoid pain, that's what we want. We'll be right back. So, doctor, just a minute.

37:15

Don't go away. Magnifica Panel will be right back.

37:24

Magnific is on. Meodia and 38 minutes. Cultural support.

37:33

When we think of pizza, our mouths water. And when we think of pizza from an Italian pizzeria, it's impossible not to.

37:40

Resist. Delicious pizzas, with fresh ingredients and a diverse menu. Every Thursday there is...

37:46

Special offer! Buy a savory pizza? Get a free small sweet pizza. Pizzaria de Itália, Avida Antônio de

37:53

Andreia, number 15, Nossa Senhora das Dores. Telephone 3443450

37:59

or 3453 1975 and our WhatsApp 19995316281.

38:07

A pizzeria from Italy, made with love for those who love pizza.

38:13

The Christmas spirit has already taken over Vitor Optics. Our store is beautiful and full of new items. Perfect for those who...

38:20

Whether you want to choose the perfect glasses or secure a special gift this holiday season, Vitra offers style, comfort, and great deals.

38:27

Unmissable deals. Everything designed to make your Christmas even better. LZN Sunglasses and Frames with up to 50% off. And with the purchase of...

38:35

With your complete eyeglasses purchase, you receive a beautiful personalized Vito bag. Visit one of our locations and take advantage of this offer.

38:41

December promotions. Remember that Vito comes to you at no cost. Just schedule a visit to one of our locations.

38:48

Very close to you. In Limeira, three stores. Rua Pedro Elias 1059, Jardim Vista Alegre. Rua Luís Pântano 825

38:56

Parque Novo Mundo. Rua Nelson Aparecido do Nascimento 876 in Vitória Lucato.

39:02

Vitor Optics, a family-owned, customer-friendly business, has been taking care of customers for 17 years.

39:07

for the health of your eyes.

39:17

An idea sprang from the heart of God, and Mary rejoiced.

39:24

On the radio that brings us Jesus, it says he has done wonders in me.

39:31

The mighty God, holy, is his name, and his glory descends throughout the earth.

39:39

Magnificat, magnificence, the idea of God. Magnificat.

39:47

an idea of God. You

39:54

It's on the Magnifica Panel.

40:03

We're back. Before we begin our chat with Dr. Mariana, a physiotherapist, about pain in the...

40:10

Lower back, shoulders, legs, especially at this time of year. Let's go

40:15

To reinforce this, because I want you to win one of these prizes from our promotion.

40:20

Natal, an investment of R\$12, is the Pix payment you'll make to enter the contest. There's a prize of R\$500.

40:28

There's a second prize, which is a complete Christmas dinner for the whole family, because it serves up to 10 people.

40:35

People. Cintia, look, if the family is large, if there are 20, if there are 30, a portion is guaranteed.

40:40

Help. Details, folks, delicious. And if it's small, you have the food for supper and

40:46

For the restaurant. Invite your friends. Yeah, you know what a restaurant is? Order it? Of course I know it's...

40:53

What a treat on the 25th there. And there's also the third prize, which is a beautiful nativity scene that was even purchased.

41:02

And that's the best part, I think, about this award. Tell our audience. In the month of October, those who follow...

41:08

Our programming team knows that the Magnificent Family was in Aparecida, celebrating Mass. So everyone went.

41:14

And at that point in the trip, André and his team chose a beautiful nativity scene to be part of this initiative.

41:21

Among friends. And here it is, you can enter and win, okay? That's what's really the

41:26

The representation, you know, having physical people there depicting the birth of Jesus, makes the whole atmosphere much more special on our night.

41:32

Christmas, throughout these days leading up to Christmas. So, it's worth participating. Just make a Pix payment.

41:38

1992005515. Send your proof and stay tuned.

41:44

Hold out your ticket so you can enter the contest. They say the panel is standing.

41:50

Hot. I second that. So you can take advantage and get yours, say "I want one" while we're at A

41:57

Here, okay? It's a ticket. Three chances to win and you're entered into the federal lottery on the 20th.

42:03

December. Scribble it on the calendar to check the result. December 20th.

42:09

Exactly. Message delivered because we have to deliver our messages here for you, our followers. In addition to the information about...

42:15

You have a lot of quality here. Let's continue with Dr. Mariana Milazoto, physiotherapist and master of science.

42:22

doctors. She's talking today about pain in her legs, lower back, shoulders, that kind of thing.

42:28

This fatigue, this stress that ends up arriving and weighing a little more heavily at this time of year. Dr. Mariana, very much.

42:36

Thank you once again for being here. And in the previous segment, you already brought up several causes for us, several...

42:42

The reasons that lead to this pain, this greater discomfort. And what can we do?

42:47

How should I proceed, doctor? First, how can physiotherapy help in this process, including at Lipedema?

42:54

which you explained a little while ago, right? So, like, uh, thinking about

43:00

Basic daily guidelines that physiotherapy can provide for these people.

43:07

which, uh, become overloaded at this time of year. So, for example,

43:12

Let's consider the scenario of that lady or woman who has been in for a long time.

43:18

Foot doing the chores in the kitchen, right? Right, organizing dinner, organizing

43:24

It's about the dishes, anyway. Overall, this woman, besides having pain and a

43:31

If she feels heaviness in her legs at the end of the day, she may have a lower back complaint, that

43:36

a burning sensation in the lower back, a feeling of fatigue in the lower back due to postural overload.

43:43

Standing for long periods of time. What advice do I give to that person? In general, everyone...

43:49

There's a cabinet under the sink, a cupboard under the sink, that you open.

43:55

the doors and he'll have where we put the pots and pans, he has a

44:00

little step. Look, if I'm standing at the sink for too long, I'll put one foot on the floor and...

44:09

One foot will remain inside the cabinet. Why? Because I need it to be a few centimeters higher than the other.

44:16

Another one. Hmm. If you don't have the closet, if you don't have the cabinet, if your kids are downstairs,

44:23

You can pick up something about the height of a brick, for example. In the old days...

44:28

We used to talk about phone books, but they don't exist anymore. Something's blocking them.

44:34

But it's something, isn't it? It's a phone book, it ends up condemning everyone to know.

44:42

How old am I? Yes, exactly. Everything's fine, we're together. That's it. But anyway, either you open the

44:49

Put your foot inside the cabinet, so that one foot is on the ground and the other is slightly higher.

44:56

Then you alternate, stay a few minutes with one foot, switch feet, put the other foot inside and the opposite foot down. Or if

45:04

If you don't have one, you put something roughly the height of a thick brick or a shoebox.

45:12

So you can get that support. We say it's at the height of a step, like a gym step, okay? That's...

45:20

It helps a lot to reduce that sensation of discomfort and burning in the area.

45:26

lower back pain, fatigue in that area. For those who have a lot of leg pain, it is

45:32

It's important to alternate this routine of spending a lot of time on your feet with some

45:38

rest periods and, if possible, rest with limbs elevated, because

45:44

normally when you raise your legs slightly above the level of your torso,

45:50

You can improve venous return, improve lymphatic return, and relieve...

45:57

That feeling of heaviness, of tiredness, in the legs. Regarding the shoulders, what do we...

46:04

You need to understand the daily tasks during that time, uh, during that period.

46:11

Regarding preparations for the festivities, that shoulder position, the closer the

46:17

If the shoulder is closer to the ear, you're bringing more tension to that area. In general,

46:23

This will cause both neck pain and many headaches. People have

46:29

Tension headaches, also known as tension headaches. Uh-huh.

46:34

So, it's important to always pay attention to whether the shoulders are far enough away from the ears.

46:41

Whenever you can remember, remember to lower your shoulders, remember to fit in.

46:47

The scapulae, which are these little bones here at the back, that we call wings, but they are scapulae, that's the name.

46:54

Technical. I opened my chest, but without forcing it too much. It's a very subtle posture adjustment that...

47:01

Relax those cervical muscles and reduce the pain we feel there.

47:07

neck. So, these are basic physiotherapy tips, but it's obvious that for this

47:13

For someone with this complaint, it's important that they think about organization.

47:19

So, in addition to her trying to distribute the tasks among other people...

47:25

family, organizing time is everything she needs to do, listing what

47:32

what she needs to do and organize in order to allow herself periods of rest.

47:38

This is very important, as we said before, because you need to sleep better, you need to rest during the day.

47:45

sleep, really to lower cortisol levels, reduce stress and

47:51

consequently the pain. Perfect, doctor. These are really simple guidelines, but...

47:59

It makes a difference. So, that thing about raising your leg at the end of the day, not just at this time of year, right, doctor, that really does make a difference.

48:06

That makes sense. And does that hot or cold compress thing help?

48:12

So, it helps when we're talking about those leg pains, those kinds of pains.

48:18

For example, with lipedema, elevating the leg and applying these compresses helps.

48:25

It's not cold, it's not the kind of compress I use when I pat something dry and put ice on it, okay?

48:31

Those complex ones where, oh, the child stubbed their toe, I'll go there, get the ice from the freezer and put it on. It's not that, it's a

48:38

A cold, stingy purchase. It's like going to the tap and turning it on on certain days.

48:44

When it's colder, the water comes out cooler, and that's when I put this damp towel in.

48:50

Cooling your legs to ease the discomfort, okay? Perfect. When I'm talking about pain...

48:56

muscular pains, for example, in the cervical or lumbar region, hence

49:02

I'm talking about using slightly warm compresses to really relax the muscles.

49:08

You can, for example, lie down, elevate your legs, and apply a compress.

49:14

Warm this area of your neck or lie down with your lower back on top of a

49:19

A warm compress can help relieve muscle tension.

49:25

Generally, you can sometimes find these compresses in pharmacies, the kind you put in the microwave.

49:31

Heat it up a little and it will become lukewarm. Or you can also grab a towel,

49:38

A face towel, for example, dampen the towel with water and place it...

49:44

Microwave for 15 to 20 seconds. It will heat up a little and then you...

49:49

Place this small bag on the area where you feel muscle pain.

49:54

That's already a relief. I'm right here. It's really nice. You can hear me talking. So, why?

50:01

For example, here in the lower back area, we just heat up the towel in the microwave.

50:07

This can be done in the microwave. They've already eaten so much that they set everything on fire.

50:12

No, for God's sake. It's only a few seconds, okay everyone? It's not going to fry or roast your...

50:18

Put the washcloth in the microwave and then place it on the heat source. If the washcloth has embroidery, then...

50:23

If it has a golden line, it will fry in the microwave. Guys, it's the one without anything on it. Come on, come on.

50:28

Down to the smallest detail. Let's state the obvious here, doctor. Then, heat it up for a few seconds and put it there for how long?

50:35

How long can we leave it like this? Oh, until you feel it starting to get too cold. Then you can heat it up.

50:41

...and add a little more. Ideally, leave it on for at least 10 to 15 minutes. Great. Perfect. And many people use the...

50:49

Those socks, right? They're for helping with that discomfort, or you can buy them online. Which one?

50:56

We need to be careful with this, doctor, right? Or is it okay to use them? So, compression stockings, they are...

51:03

Excellent, especially for those who have lipedema, for those who have that feeling of tiredness, of heaviness in the legs at the end.

51:10

of the day, it greatly helps to assist both venous and lymphatic return and

51:17

To reduce that complaint, right? Uh-huh. What we need to be careful about when we're going to buy a

51:23

socks, which I think it's important to get guidance from a professional before buying.

51:30

That's because there are several types of knit fabrics for these socks. So, we have the...

51:35

Circular knits, which are stitches made in a circle, and we have the knits

51:40

Flat seams, which are the vertical seams. Uh-huh. Depending on the leg size, not even...

51:48

Compression stockings will always fit that leg properly. And then for some women

51:55

She starts making tourniquets. Then you see her sometimes wearing the stocking, the

52:01

My ankle is so tight it's like I'm wearing an ankle brace. Oh, that has the opposite effect, doesn't it?

52:07

That's because then you impede the flow, because the tourniquet is much more...

52:12

It's more harmful than wearing nothing at all. I understand. So, socks are important, they are

52:20

It is highly recommended and is part of the treatment for women who have lipidema, but it needs to be well-prescribed.

52:27

If you specify the right model, the right size, the correct type of mesh, then you'll have to choose the right one, because otherwise...

52:34

You may incur losses depending on what happens when you use it.

52:39

That sock. Perfect, doctor. We even had a question, and I had one too. Let's see if you can help us.

52:46

Doctor. Uh, Tercía, she's saying good afternoon to Ju, to the doctor.

52:51

Look, it's almost over, but it's coming, keeping us company. You can hear the replay, Tecil, right? At

52:56

9 PM, watch it on YouTube, right, Cintia? Exactly. And she'd like to know about the issue of leg syndrome.

53:03

restless, which ends up being more terrible at night, and also about the issue of

53:08

Foot baths: are they good to do, and if so, what to use?

53:13

So, Dr. Mari? Yes, restless legs syndrome is really a

53:20

It's a very difficult condition, because it's a major challenge for medicine.

53:27

to address. There are some issues that need to be investigated.

53:33

to see if you have anything else related, often vascular,

53:39

often neurological, but if you don't have any other

53:45

related condition, which is very helpful for those with leg syndromes.

53:51

Restless legs syndrome, because it worsens significantly in certain conditions.

53:56

...of stress and anxiety. Look at that again, folks. Yes. And what really helps to control it...

54:04

Many women practice meditation, and many women learn to practice it.

54:10

Deep breathing. We know today that some breathing techniques

54:16

They often help to lower stress and cortisol levels. And it's a super easy technique. You pull the

54:24

Breathe air deeply through your nose and count how many seconds it takes you to inhale.

54:31

Then you take a short break and try to exhale for twice as long as...

54:38

You pulled. So imagine I take 4 seconds to breathe. I'm going to pull...

54:44

Breathe in for 4 seconds, fill your chest completely with air. I pause and then exhale.

54:50

Slowly through the mouth. Like this, as if you were blowing for twice as long.

54:56

So, in my case, 8 seconds. And then you do this breathing exercise for 5 to 10 seconds.

55:02

With repetition, you start to notice that you're reducing stress, anxiety, and overall well-being.

55:09

Restless legs also improves that discomfort, because restless legs

55:14

It's nothing more than her moving around without you being able to control it. Uh-huh. Me.

55:20

I liked it, doctor, that you brought me here, you speaking and Cintia, my partner here, doing it.

55:27

But, oh, just because I know this technique, but like, it was something that was strictly timed, but when you say

55:33

So, no, you do it at your own pace, because sometimes a person can't hold it for 5 seconds, they just...

55:39

That's it, that's it, that's it. So, it's necessary, it's necessary. And little by little,

55:44

In general, you can even increase the time a little, but to start, I usually recommend this method.

55:50

Perfect. And then Tecila Teclilia also mentioned the foot baths. That's it, yes. Exactly. Foot baths are good and what can

55:57

Put it in the water too? That's good, doctor. Scalding is never a foot bath.

56:03

It's negative, unless you have a skin lesion, right?

56:10

That's complicated, but if you have intact skin, if you don't have any nail infections or anything like that...

56:17

Besides that, it's quite relaxing. Generally, people use just a little bit of salt.

56:23

roughly, some herbs for relaxation, such as

56:29

That purplish one, I forgot the name of the lavender. Lavender.

56:35

Yes, lavender. Cool. So, it's okay for you to use it.

56:41

Sometimes a little rosemary too. It really helps to improve that feeling.

56:48

...of weight and this relaxation of the legs. And in general, right, Dr. Mariana, already

56:53

What we're bringing up here is this issue of overload, which ends up affecting our bodies, you know.

56:59

Dividing the tasks there too. That's also about health, right, doctor? Oh, no. I'll do everything. I... I don't know how to ask.

57:06

If someone offers me help, that's fine, but I'm not going to keep asking for it. There are people who are like that too. But ideally...

57:12

You divide the tasks, right, to make it easier. Yeah. In general, uh, in general we women,

57:19

We have a mental overload that is very obscure, because people

57:26

They don't realize how much we spend mentally planning certain things.

57:32

For all of that to happen. So, for example, the woman, she's constantly thinking about what's in her...

57:39

refrigerator, what's in the freezer, what will she need to buy at the supermarket. Uh, and then, like that.

57:45

This is what we call mental overload. Often, those on the outside aren't really there.

57:50

Realizing how much effort I'm putting into planning something that I'll ultimately execute, right?

57:58

So, it's not just a matter of executing the task, it's a matter of planning. And then, when you go to plan, you

58:04

You can ask for help. Oh, but only I know how to make the Christmas turkey. Okay, but

58:09

To make a turkey, you'll need to do many things before you can actually cook it. So you can delegate...

58:16

For other people. Make your list, write it down, have grandma buy I don't know what.

58:22

What, the husband picking something or other, the son, anyway, get everyone involved in the routine, because that will

58:30

to make a difference as well, both in this physical overload and in the emotional one,

58:37

In the mental aspect as well. Perfect, Dr. Mariana. We'll even leave your Instagram here for the people who...

58:43

She's following us. We already posted it, right, Cíntia? It's Mari Milazoto. Yes, it is.

58:48

Doctor. Two. Milazoto. One two Z's and two T's. Two T's. There's quite a bit of content there too.

58:56

Doctor, I want to thank you very much for your participation, giving us this guidance so we don't have this problem.

59:01

Overload. But if you have it, you've already picked up several instructions and guidelines here.

59:08

to find out how to alleviate this. I loved the part about breathing, about the exercises,

59:13

Simple things, right, folks? And if this discomfort continues, you should see a specialist, doctor? You're here.

59:20

For that, right? Absolutely. Thank you so much! Thank you for...

59:26

invitation. Uh, I think our role is really to spread the

59:32

information, simple, basic day-to-day information that everyone can follow, right? It can't be something...

59:38

It's very complicated and depends a lot on other help, right? Very good, doctor. Thank you. Great.

59:45

Have a great weekend and come back anytime. When you can, come in person for a coffee or tea with us.

59:51

Okay, everyone. Perfect. Thank you! Good afternoon. Have a great afternoon.

59:58

Oh, Ctnia, there were people, as we saw here, who arrived at the very end and still managed to get the answer there,

1:00:05

Right? But would you like to hear it again? Because, as a reminder, today we had two experts, one talking about health.

1:00:11

of the eyes, another one now finally, Dr. Mariana talking about the health of our legs, in short, of our...

1:00:17

Our muscles, so sore, right? What a great gift today, huh, Jo? A fantastic gift, right? For you who follow us. So, you can review it, you can...

1:00:24

Listen again, okay, in a little while, right on time, right now, right? Oh, yes. You can find it on YouTube, you

1:00:31

Choose. Share this gift with your family and friends, along with helpful tips from experts and followers.

1:00:38

Tune in to 103.5 FM promptly at 9 am for the replay. That's it. And you who enjoyed it, already...

1:00:44

Congratulations, you just got your ticket! A little coupon for you to enter a draw for three prizes. Oh, girl, I haven't done it yet.

1:00:50

Go ahead and do it. I'm telling you, Dad, right? Lucky charms will help you. We've already had three people interested, haven't we?

1:00:57

He'll want to give you a receipt soon. If he wins dinner, he'll invite Ju for dinner. Yeah. Oh, I'll do it later, you can forget about it.

1:01:03

Woman. You forget, man. Make R\$12 now to enter our contest.

1:01:09

The first prize there is R\$. The second is the Christmas prize for 10 people, and our third is a

1:01:16

A beautiful nativity scene to make yours even more beautiful. Look over there. And there's more.

1:01:22

A special invitation, Ju. True. Don't miss Monday. As good as...

1:01:27

A celebration among friends is participating in a thanksgiving mass with friends. Oh, but that's really special, folks.

1:01:33

Monday, December 8th, at 8 PM, is our thanksgiving mass. We hadn't invited you. Here's our message.

1:01:39

Special invitation here, then, December 8th, Monday already, right, Cintia?

1:01:44

8 PM in the São Domingos community, in front of our radio station. Come!

1:01:50

Join us! It's such an important moment, isn't it, for our radio station, important for you who are listening to us.

1:01:57

For so many years. We'll love having you there during this most blessed moment, a moment of gratitude, of

1:02:03

Many blessings to our radio station, and to you who are listening to us. So, a very special invitation for you, and you are the...

1:02:10

Our special guest, for sure. Ju, I don't know if you already know the news, but there will be pastries and cake at the mass on that day.

1:02:17

Hmm, I didn't know that, but I really like it. Oh, how delicious! Oops, I'm going to run off!

1:02:25

I'll be at work and I'll arrive. Maybe a little late, but I'll definitely get there to support this event.

1:02:30

Beautiful. You're part of this blessing, of course. And everyone who listens to us is too, everyone. So, everyone has to be there together, all together, mixed up.

1:02:37

so that we can also participate in this blessing, which will be our Mass of Thanksgiving.

1:02:43

Thanks on December 8th, 20 hours, 8 pm, you are our guest.

1:02:48

Okay? If you have any questions, ask us here on WhatsApp. Kisses to you all. We'll continue with our...

1:02:54

Schedule. Stay with us here. But the panel is back tomorrow. We'll be waiting for you from noon onwards. Bye!

1:03:00

goodbye.

1:03:16

We have just unveiled the Magnificent Panel.

1:03:25

Radio Magnific FM 103.5

1:03:31

MHz, educational radio station of the Nossa Senhora das Dores Foundation, Limeira, São Paulo.

1:03:37

Paul, a magnificent idea of God is in

1:03:46

1:4 4 minutes. Cultural support.

1:03:52

Do you need to have your vehicle aligned and balanced? Balbom Rodas does it.

1:03:57

Did you scratch, dent, or scrape your car's wheel on the curb, or do you want to make it look nicer? Balbom can do that too. All the...

1:04:05

Services are provided with excellence and great customer service. Count on a company with over 30 years of experience in the business. Balbom

1:04:12

Bbom Rodas. Those who know it recommend it and come back. Bbom Rodas is located on Avenida Laranjeiras.

1:04:18

2147, Parque Gisto Ragazzo in Limeira. Telephone 3451 0700. 3451700.

1:04:29

Balbão Rodas. A new sky, a new sound. Magnífica FM.

1:04:36

FM. Perform a miracle in my whole life. June 2026, the

1:04:46

Father Reginaldo Manzote from the "Experience of God" program will be in Limeira.

1:04:51

at the Major José Levi Sobrinho stadium, the Limeirão, to celebrate the 50th anniversary.

1:04:56

years of the diocese of Limeira. Support from Rádio Magnífica FM 103.5

1:05:02

From Limeira, São Paulo. 30 years on the air. I am part of this blessing.

The screenshot shows a YouTube channel page for 'Radio Magnificat'. A white popup window is open, displaying the following information:

- Radio Magnificat** (with a close button 'X')
- Description**: The best programming from Radio Magnificat, 103.5 FM. Educational radio broadcasting channel of the Nossa Senhora das Dores Foundation. Limeira - São Paulo, Brazil.
- Links**:
  - Site: [magnificatfm.com.br](http://magnificatfm.com.br)
  - Collaborate: [nossasenhoradasdores.colabore.org/familiamagnificatem1passo/single...](http://nossasenhoradasdores.colabore.org/familiamagnificatem1passo/single...)
  - Instagram: [instagram.com/magnificatfm](https://www.instagram.com/magnificatfm)
  - Facebook: [facebook.com/RadioMagnificat](https://www.facebook.com/RadioMagnificat)
- More information**:
  - View email address
  - www.youtube.com/@magnificat103.5fm
  - Brazil
  - Registered on February 1, 2017.
  - 24,400 registered
  - 8,553 videos
  - 662,689 views

The background shows the channel's profile picture (a blue circle with a white tower icon and 'MAGNIFICAT FM 103,5'), a 'Sign up' button, and a row of video thumbnails. The left sidebar contains navigation options like 'Start', 'Shorts', 'History', 'Playlists', 'Watch later', 'Videos with "Likes"', 'Explore', 'Shopping', 'Music', 'Films', 'Settings', 'Complaint history', 'Help', and 'Send feedback'.



## RÁDIO MAGNIFICAT – CONFIRMAÇÃO DE PARTICIPAÇÃO EM PROGRAMA DE MÍDIA

**Assunto:** Confirmação de Participação – Dra. Alessandra Kurahashi Dantas

Prezados,

Certificamos a participação da Dra. Alessandra Kurahashi Dantas como especialista convidada em nossa programação radiofônica.

A Rádio Magnificat, sediada em Limeira - São Paulo, é uma emissora com transmissão radiofônica contínua e ampla difusão, alcançando múltiplas cidades do interior do estado de São Paulo. Sua programação é voltada à informação, jornalismo e conteúdos de interesse público, incluindo a veiculação regular de temas relacionados à saúde.

**Programa:** Painel Magnificat

**Data:** 4 de dezembro de 2025

**Apresentadora:** Juliana de Paula

**Tema abordado:** Coceira nos olhos (prurido ocular), com foco em saúde ocular

**Formato:** Programa de rádio ao vivo

**Alcance estimado:** Transmissão radiofônica de ampla difusão, alcançando diferentes municípios do estado de São Paulo

A participação da Dra. Alessandra Kurahashi Dantas ocorreu em razão de seu reconhecimento profissional como médica oftalmologista, de sua formação especializada e de sua experiência clínica e cirúrgica, qualificações que justificam sua seleção como fonte especializada para tratar de temas oftalmológicos em meio radiofônico de grande alcance.

Durante o programa, foram abordados temas relacionados à saúde ocular, função visual e orientações preventivas, com enfoque técnico e esclarecedor sobre o prurido ocular.

Ressaltamos que a Dra. Alessandra Kurahashi Dantas participou do programa em sua capacidade profissional como médica oftalmologista, evidenciando o reconhecimento de sua autoridade técnica pela emissora.

Atenciosamente,

Juliana de Paula  
Jornalista / Editora e Apresentadora  
Rádio Magnificat  
Limeira – SP  
(19) 98189-8373 | julianadipaularr

Documento assinado digitalmente

JULIANA SOUSA DE PAULA MORAES

Data: 20/01/2026 19:40:09-0300

Verifique em <https://validar.iti.gov.br>

#ThaComTudo

To look for

+ To create

**Transcription**

7:15 I'll start by asking you, Dr. Alessandra, if eyes end up itching even more in dry weather.

7:22 Yes, dry weather is a factor that can worsen itchy eyes, but there are other causes as well.

7:29 People need to take things into consideration, right? Itchy eyes can also be due to allergies.

7:35 Uh-huh. And other eye diseases. Now, there are people who actually have

7:40 A habit of rubbing your eyes, doctor? There are people who rub them out of habit.

7:46 That's true, but most cases are due to a triggering factor. And it's important to...

7:52 A person should seek a specialized evaluation because, within all these causes, there are their own...

7:58 allergies, eyelid pathologies themselves, and dry eye, which

Portuguese (automatically generated)

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100 views. Live streamed on December 5, 2025.  
THA WITH EVERYTHING - LIVE - 05/12/2025

## TRANSCRIPT

0:00

Get out of here! We fell, but we didn't give up.

0:07

In the cold of the night, the bond endured. A hug warms, that's all there is. The magic.

0:16

It lives on, it will always be there. The magic is back, come celebrate!

0:25

Christmas is for everyone, it's a time to love. Clap your hands, smile, let the light guide you.

0:33

The magic has returned and will continue.

0:39

I thought darkness was my home, but I learned that forgiving is starting over.

0:48

Now I sing with you too. Christmas is the light of good people.

0:56

The magic is back. Come celebrate! Oh my, how beautiful!

1:04

This is how we're starting this very special Friday. Just a little taste for you, my friend, my...

1:11

Friend, welcome! You who were tuned in to Balanço Geral during Hora da Venenosa and now you're here on stage.

1:18

Ours. It's all happening this Friday through TH Record, also through

1:23

our social media. You got a taste, didn't you? But I left you wanting more, because today Vila do

1:30

Christmas here live on our stage. We're going to talk about this show that's enchanting not only São Paulo, but

1:36

People from all over Brazil are going to visit. You'll understand how it works, where it happens, what it's all about.

1:43

These are the days, how do you go about visiting, or rather, how do you get into this immersion that really refers to this?

1:50

Such a beautiful, magical moment. We're here with a very dear representative, with a gorgeous smile, who will...

1:56

Talk to us only at the very beginning. There's sausage here, there's a lot of stuff. You know that miscellany from our program that...

2:03

Do you love it? So, today our program is just the way you like it before...

2:08

To tell you everything I hoped for. Boys, welcome. Thank you so much for being here. From here to

2:15

We'll do a little more, but it's just a piece of this beautiful show, right? Welcome. Thank you! And look who's joining us!

2:23

She's here to talk to us about this subject; she's the spokesperson for this great show, Jessica. Welcome.

2:30

Thank you. Thank you for being here with us. It's Christmas Village. It's São Paulo's Christmas Village.

2:36

The Christmas Village in São Paulo is a wonderful spectacle happening in São Paulo. It's more than just a show, isn't it? A

2:42

Immersion, it's an experience. It was truly a project that was thought out and planned for...

2:48

so that both younger and older children could have fun and

2:54

Experience a beautiful, unique, and magical moment in there. You'll see some images; you're already seeing some of them. Yes, yes.

3:00

Something very charming. We're going to talk about that. But look, we're also talking about serious topics here today, because

3:07

This topic we're going to talk about regarding the Christmas Village is a serious matter, but why? So you can stroll around, so you can enjoy yourself.

3:12

During this month, bring the family. Now, did you know that when the weather is drier, we rub our eyes more?

3:20

That's true. We end up rubbing our eyes, and this can cause several problems for eye health. Now there is

3:28

People who rub their eyes out of habit. Did you know that, guys? Does anyone here have a habit of rubbing their eyes?

3:34

Yes. Fabio says he does. I scratch too, you know? Since I was little, but it's bad for me.

3:40

Hey Jessica, do you rub your eyes? Oh, I'm so glad I don't have that habit.

3:45

There isn't. Thank goodness, because this beautiful young woman who's here with us, who is...

3:50

Doctor, it's the ophthalmologist Alessandra Dantas, I don't know if she'll talk or...

3:56

Pulling our ear. Yes, welcome, doctor. Good afternoon everyone. Good afternoon, Fernanda.

4:02

Jessica, good afternoon to those of you who are at home today. Thank you for the invitation.

We're going to talk about this subject, but only...

4:08

A little spoiler. Can I take a look, doctor? No, no, no. So, if you're on my side...

4:15

Folks, you already know what to expect. But listen, to accompany all this chatting this Friday, there's something delicious!

4:22

In our kitchen. Let me ask you something. Are all sausages the same?

4:29

No, I don't know. You don't know? I'll tell you. Not me, right? He's the one who's going to tell you, he's a master.

4:36

Sausage maker. Yes, there are master sausage makers. In fact, there's a history behind it.

4:41

behind the sausage, because in this case, the tradition comes from the family. You know that

4:47

Sausage passed down from father to son? I have a great expert here on our stage.

4:53

Today, we have Pedro Berna from Berna. Welcome!

4:58

Thank you so much. Thank you so much for the opportunity, Fernanda. I'm so happy to have you here, and I didn't say anything.

5:03

Nonsense, he's a master sausage maker. No, you're right. It's a profession.

5:09

Like a baker, like a chef, and we're very proud of that. And my father really started all this back then.

5:16

Switzerland and I have been making sausages, among other products, for 50 years.

5:21

Among other products. But this sausage that's here in our kitchen today is even more special.

5:28

She is special, and the sausage is special, and the presentation is...

5:33

Different. Because in Germany, where they eat sausage, they speak like that, they eat it.

5:40

Sausage with bread. And here we often eat bread with mashed potatoes and a sausage lost in the mix.

5:47

Halfway. That's true. Which isn't the case, you'll see it here, you'll be able to taste it there.

5:53

party. There at the party. Because you're also in the Christmas village. We're there in the Christmas village with a

5:59

Very nice kiosk, selling sausages, and we're preparing them there. Okay.

6:05

Preparing there, she'll prepare here. And who is that pretty girl next to you? Oh, Edilene is our culinary expert from...

6:12

Our company, and since I came here to talk to her about working here, she's the one who's going to prepare the hot dogs.

6:19

Edilene, welcome! Thank you. Thank you for being here with us! Thank you. So, we'll be going in a little while.

6:25

Let's chat in your kitchen, okay, boss? Great. I promise you I'm not nosy, I'll just be there to observe and get a feel for things.

6:31

I can smell it up close, but I'm not one to give unsolicited advice, because great chefs don't like having too many people in the kitchen, right?

6:37

No, you can come, you can come. You can come. Ah, then you'll be here soon. Hey boss, tell me something. There's nothing to...

6:44

I'll look into it, but I'll ask the boss. The boss is very nice, very kind. Does he have a habit of rubbing his eyes?

6:49

No. Yeah, I avoid it, you know? Especially those of us who work in gastronomy and stuff, the

6:55

People try to avoid it. It's true, isn't it? The hand has to be very, very careful. But sometimes it depends on the weather and the time of day.

7:01

Sometimes things get tough. So, and now at this time, boss, look, our weather is very dry here in...

7:08

Brazil, right? Well, it does rain occasionally, but most days the weather is extremely dry. And then I

7:15

I'll start by asking you, Dr. Alessandra, if eyes end up itching even more in dry weather.

7:22

Yes, dry weather is a factor that can worsen itchy eyes, but there are other causes as well.

7:29

People need to take things into consideration, right? Itchy eyes can also be due to allergies.

7:35

Uh-huh. And other eye diseases. Now, there are people who actually have

7:40

A habit of rubbing your eyes, doctor? There are people who rub them out of habit.

7:46

That's true, but most cases are due to a triggering factor. And it's important to...

7:52

A person should seek a specialized evaluation because, within all these causes, there are their own...

7:58

allergies, eyelid pathologies themselves, and dry eye, which is now getting worse

8:04

time. I confess to you, doctor, that I actually have a habit of scratching my...

8:10

eyes. And you know, Jessica, it seems like the more we scratch, the more it itches.

8:15

And then you really want to scratch. I say, and since we wear a lot of makeup on TV and every day, I say, I don't know if it's...

8:22

That's why, but there are days when the feeling, I don't do this, but you know, you even feel like scratching your eyes with your nails.

8:28

Yes, I brought a video to show you, if you can pass it along. We'll play the video while Dr.

8:35

To explain it to us here. But, look, this video is very interesting. It's an MRI. This part

8:42

That little white thing over there is the eye. And you can see the person when they squint, look there, see? Look!

8:47

When he squeezes his eye to scratch it, look how the eyeball becomes completely deformed. So, life,

8:54

Imagine this happening to you every day, rubbing your eye. So, really...

8:59

There are consequences. Oh my goodness, right? Yes, doctor. Normally, look, we're seeing that.

9:05

The image shows a child rubbing their eye. Children often have the habit of putting their little hands in their eyes.

9:13

She's scratching and doesn't have the same hygiene as an adult. She doesn't have the same concern about washing her hands all the time. It's worse.

9:19

Still. Actually, that concern about washing your hands is correct, but ideally...

9:26

Don't scratch at all. Uh-huh. I even usually suggest a way that, ideally, as I said, is not to scratch.

9:33

But if you have a moment when you have nothing to do, you can press firmly.

9:38

Take the corner of your eye here, not on top of the eyeball, but here in the corner of your eyelid or here in the corner.

9:45

From the side, apply light pressure. Sometimes you can put a little cold water on your face.

9:51

Apply a light cold compress; it doesn't have to be chamomile tea or peppermint tea. Just plain water. Or you could use...

9:59

There are some specific eye drops for that. So, for someone who rubs their eyes a lot, it's not normal to feel that way.

10:06

Constant itchy eyes? Rubbing your eyes isn't normal. It's a sign that your...

10:11

The eye may have some kind of problem; it needs to be investigated by a specialist and treated accordingly.

10:18

And as we saw there, the eyeball suffers when we're rubbing it, if the person doesn't seek medical attention...

10:24

She's an expert and she does indeed have this habit of rubbing her eyes day after day. What could happen to her eyes if she...

10:31

Why don't you seek a specialist, proper treatment? Doctor, that's a very important question, Fernanda. Did you see that in that image?

10:39

The eye becomes quite deformed from the pressure of squeezing it. This can then exert a mechanical force on the cornea, which...

10:47

It's that transparent part of the eye. This force can lead to a disease called

10:53

Keratoconus is one of the most common causes of the consequence of rubbing the eye in this way.

10:59

It's developing this disease. You touch, I'll explain quickly, it's a disease where

11:04

The cornea, which is normally spherical, begins to become pointed, hence the name cornea. And as it becomes pointed

11:12

It distorts your vision a lot, so the quality of your vision is greatly impaired, and that's something you...

11:18

It could have been avoided. Of course, keratoconus has other causes, but scratching can also contribute to its development.

11:26

So, if you're following us now and you're going through this, you have this exacerbated itching, you notice that...

11:33

It rubs your eye every day, look how much your eye might be suffering from what the doctor is telling us here, it needs to be...

11:39

Seek a specialist. Exactly. Eye drops help, doctor, to alleviate this.

11:45

Itching? Eye drops can help, but, as I mentioned initially, there are several causes of it.

11:51

Itching. So, we apply eye drops or ointments depending on the cause.

11:56

So, for example, if it's an allergic reaction, I prescribe one type of eye drop. If it's dry eye, it's a different type.

12:03

Eye drops. If it's an inflammation of the eyelid, that's something else. So, that's why...

12:08

A specialist is the best person to recommend the best treatment. And one important thing is that...

12:14

What I wanted to let you know is that there are commercially available eye drops for itching.

12:19

It's available freely in pharmacies, but some may contain corticosteroids and require corticosteroid use.

12:26

Chronic, continuous, untreated problems will also bring you issues such as

12:31

It increases the incidence of cataracts and glaucoma. So not all eye drops are safe.

12:37

Over-the-counter medication that you can use when you have an itchy eye. Very important information because...

12:43

Sometimes, since sales aren't controlled, we tend to think all eye drops are the same.

12:48

Honestly, this is very relevant information. I didn't even have it.

12:53

the notion that eye drops with corticosteroids

12:59

And he says, "Oh, I want some eye drops." But if you don't have the knowledge, if you don't know, sometimes instead of helping, you...

13:06

It gets worse, right? It definitely gets worse. So, here's this great expert talking to us, and since in this time...

13:13

Dryness can worsen the itching; if you feel something is wrong, you really need to see a specialist, because

13:20

It could also be something that's not serious at all, nothing grave; with a specialist, it tends to go away or improve.

13:27

To alleviate this situation. Exactly. Exactly. Because ideally you should treat the cause. Uh-huh.

13:32

And not just the consequence, okay? Look, doctor, bringing us this important information. Now

13:38

Taking a walk and seeing a beautiful spectacle is good for our eyes. Very, very good, right, doctor? And look, Jessica is...

13:45

I'm here today, folks, to talk about this show that's happening in São Paulo, which isn't a one-off event, if I don't...

13:51

You're mistaken, it's a month-long show, Jessica. Yes, it started on November 28th and we...

13:57

We'll go until December 28th. Until December 28th. That's it. So there's no...

14:02

That excuse of "oh, there wasn't enough time," or "oh, it's because it's the weekend," or "there isn't one."

14:09

We're there except on Tuesday, so from Wednesday to Monday.

14:15

There is an option. So there's no excuse for "oh, I can't go." Look, you're following some...

14:21

Beautiful images that delight our eyes, but I'll ask Jessica to explain a little more what it is.

14:27

Indeed, the village of Natal. The village of Natal was born from the desire to

14:33

to bring an inspired experience from the world's greatest Christmas events. So, uh, that was brought together.

14:43

those, sorry, anyway, all of them were gathered together, the whole context.

14:50

so that people could truly live an experience, an immersion, and feel it.

14:57

the energy of Christmas. So, Soraia Carrasco, who is our CEO and the

15:02

The project's creator, along with her team, designed the entire project and structure so that not only the children,

15:10

but so that the whole family could live and enjoy being in the village. So,

15:16

Look, those who have been there say it's a truly unmissable tour for...

15:21

The whole family, because in addition to these great shows, you'll be a part of this.

15:28

party. Really, because there are several attractions. Yes, we have the Christmas Wall, there are

15:35

More than 200 characters within the village, both in the parade and circulating.

15:40

Inside the village, we have Santa's house, which is a house that was actually built. You walk around...

15:47

Inside Santa's house, you can visit everything. We have the food village, where you will...

15:52

We'll be able to try the sausage. This sausage is causing quite a stir, we're going to the kitchen right now.

15:59

This sausage is famous. We have a theater that's something new. This is the

16:04

This is the second edition of the village festival. The previous edition didn't include theater, so now we have theater with a written play.

16:11

Exclusively for the village. So she brings the plot, the context of the village. Hmm.

16:17

Uh, I'm the author of the play. Oh, how lovely. And so, the play isn't just because it is

16:23

Yes, but everyone leaves there truly impacted, because it's a message that's not just for children.

16:31

It was all conceived in a very simple, very light way, but it also carries a very profound message for adults.

16:38

Inside the village we also have workshops, we have toys, and there's the issue of accessibility.

16:46

So there isn't, oh, I don't have access, it was all thought out, well designed so that

16:52

so that everyone would have access. We also have social programs, so

16:58

We had a dog adoption fair, and we have a toy drive where the toys are distributed to charities.

17:05

partners of the event. So, it's a project like that, it's very inspiring.

17:12

Magnificent, inspiring, isn't it? Very beautiful, well worth a visit, you know? Eh, a

17:17

Your visit alone isn't enough, is it? It's worth giving yourself this gift, because you'll get there, you'll have fun, you'll...

17:23

Interact, you'll enjoy it, you'll keep that in your memory for many, many years to come. Where does it happen?

17:31

The Christmas village is located in Vila Lobos Park. It takes place from Wednesday to Monday.

17:38

We are only closed on Tuesdays, from 5 am to 11 am on weekdays and from 5 pm to 1 pm on weekdays.

17:44

midnight on weekends. A super unmissable outing for the family, wonderful for families, for adults, for

17:51

child, for grandma, for uncle, for everyone. And as she told us here, look,

17:56

There are shows that we'll be able to watch in a little while. There's wonderful food, right? An area of...

18:01

Very special cuisine. Oh, mmm, delicious. It's so delicious.

18:08

That's right. And you'll be able to catch a little bit of this show, but first...

18:13

Besides that, let me just give you an important message, you who are tuned in to our program, because whoever

18:19

Training knows that pushing yourself to the limit is part of the process, right Andrade? But the creatine from

18:25

Top Terme may be the boost you need to gain more energy.

18:32

Yes, Fernando, we know that creatine is very important for those who are doing physical exercise, precisely because it further strengthens the...

18:40

The musculature of someone who trains. But from the age of 50, our bodies tend to lose muscle mass. Our muscle

18:46

As we get weaker, we lose muscle mass. So what happens? We know, anyone over 50 is feeling it. You don't...

18:53

You can't go for the walks you used to, you can't go to the supermarket, you can't pick up your grandchild, your children in your arms,

7:00 PM

Precisely because it's weak. And when you replenish with Top Term creatine, the creatine is with the

19:06

With the Top Term quality seal, this reality changes. It strengthens your muscles, it restores your...

19:12

resourcefulness. You can go back to taking that walk, keep your muscles strong, carry the bag,

19:17

Carrying your grandchild in your arms, and best of all, all this with a 60% discount!

19:22

Hey Feró, listen up! In addition to the 60% discount, you can also pay in installments via bank slip.

19:28

with the first one towards the end of the year. So, take advantage and call now. 0800 770,

19:35

In addition to the 60% discount, payable in installments via bank slip, you'll receive a smartwatch as a gift. So grab your phone and...

19:41

Call now. 08007700125. Fernanda, what are you waiting for, my friend? My

19:47

Hey friend, look, it's 087700125. They have your Top Terme createine there.

19:53

your home. You get a 60% discount, a gift, and you can still pay in the way that...

19:59

If you want. 08007700125.

20:06

And now we're going to see a little bit of one of the magical moments that happens in...

20:12

Christmas village, where these great artists prepare a beautiful show for everyone who attends.

20:20

This place is incredible.

20:26

We fell, but we didn't give up. In the cold of the night, our unity endured. One

20:34

A hug warms you, that's all there is. Magic is

20:39

It lives on, it will always be there. The magic is back, come celebrate.

20:48

Christmas is for everyone, it's a time to love. Clap your hands, smile, let the light guide you.

20:56

The magic has returned and will continue.

21:02

I thought darkness was my home, but I learned that forgiving is starting over.

21:10

Now I sing with you too. Christmas is the light of good people.

21:18

The magic is back. Come celebrate Christmas, it's for everyone, it's time to love.

21:26

Clap your hands, smile, let the light guide you. The magic has returned and will continue.

21:37

Avant! Here's the new guardian. I think Christmas will be well organized now.

21:48

Look at this, it's beautiful, everyone. Wonderful. Look at this team!

21:55

Hey everyone. It's Thago. Who is Thiago? Thaago, Fabio,

22:01

Joe and Dani are beautiful. And look, these shows, they just keep happening.

22:08

throughout and the entire time there in the house. That's it. This presentation is one of the

22:15

songs that are part of the Santa Claus Theatre show, The Secret Map.

22:21

So, it's a play with musical elements. This is just one of the songs, and the theater...

22:29

We have three daily sessions, at 6 PM and 7:30 PM.

22:34

And at 9 PM. So there are three performances every day. The play talks a lot.

22:42

about magic, about love, about when we sometimes let ourselves

22:49

erase, you know? Those moments when you say, "Wow, Christmas," and then...

22:55

She comes to truly rekindle, to revive that Christmas flame. So everyone

23:00

They are part of our theater, there are some of them, we couldn't bring them all.

23:06

The team, we have an even bigger team and they are our actors who make it happen.

23:13

Part of our show. What is Fábio? A soldier. That's right. Captain Pinhão. Captain Pinhão. Oh, Captain Pinhão. And the

23:20

What does it mean to you when each look there, you know, enters into that magic, into that?

23:25

A playful moment during the show? Man, it's very rewarding. Just yesterday we had a presence of...

23:31

More than 40 children from an institution came and they were super excited, they want to talk to us.

23:37

Taking a picture. So it's really nice to even relive our childhood, you know, and say: "Wow, I've been on that side,

23:42

"I'm delighted, and today we're able to provide this for them." It's really, really cool. Beautiful. And look, already

23:49

We're talking about dreams and parties here, and today she's our party planner, our dear TIG, she's not...

23:56

She's here with us because she's on a mission, folks. Yes, she's going to show...

24:01

For us, the flower market at Seasa has everything you need.

24:07

to decorate your home, especially now at Christmas time. But before...

24:13

Call this VT, you see Marcela, I wanted to take this opportunity on behalf of the entire team of

24:18

Tacum Tudo and here from TH Mais Record to send our congratulations to our dear TIG.

24:24

Very special, because today is her birthday! She's our resident party girl!

24:31

She's the one who makes our dream party come true. More than 100,000 people...

24:37

They registered, and several parties were held. Thanks also to the partnership.

24:42

with TIG, and it's that wonderful team. So, my friend, oh, may God bless you greatly always, may you

24:49

Enjoy your day to the fullest, and now we'll take the opportunity to follow along with this special feature together.

24:56

Today is amazing, it's blooming, just the way we like it and the way you at home deserve. We came to the market...

25:03

Flowers here inside Seasa Campinas, that place that's a decorator's passion. But my tip for you...

25:11

If you, like me, love flowers, this is the perfect place for you too. And I'll show you.

25:17

Why? Come with me. We really get lost among so many flowers and so many colors. Here, for example, you...

25:24

You see the planted pots, the kind you can pick up, take home, and plant in your garden bed. So,

25:31

Of course, right? Those are the kinds of care every flower deserves to stay beautiful. But...

25:36

Now, if you want to create an arrangement, if you want to be daring, the Flower Market also has you covered.

25:41

We have the famous cut flowers. Want to see?

25:50

But if you suddenly enjoy getting your hands dirty, it's practically a

25:56

Therapy. Mixing these colors and aromas can give your home a therapeutic atmosphere.

26:02

Very special. And if you don't have much experience, everyone here at the flower market can even help you.

26:09

To help and inspire you. Just give wings to your imagination and let your heart speak.

26:14

Higher up. After all, working with flowers is spreading love. And for you orchid lovers, go for it! A

26:22

The variety is immense, and one gets lost among the colors and species. I

26:27

I confess I'm just here, completely in love and drooling, because if there's one flower that goes with every setting, it's this one.

26:35

From here, look. And now I'm going to give you a tip if you like to entertain at home with charm. How about putting in...

26:41

Are those little pots of herbs on your table? Look, I'm lost here among basil,

26:48

Mint and chili pepper. Besides perfuming your table, this adds a touch of charm.

26:53

Special. If I were you, I would try it. And for those who think the flower market is just about flowers,

27:00

You're very mistaken. Here we have very green trees, which you can see is a big trend. Box shops, of

27:07

Ribbon, bow, scented, tree-themed, and anything else you can imagine. And if you want...

27:13

To find out if the price here is really lower, you can be sure. So stay here.

27:19

I invite you to visit the Flower Market. But, please note the opening hours, as there are some times when...

27:25

These are exclusive. For decorators and those times that are free for the

27:30

public and for you to know.

27:42

And we leave the flower market and come to a market that I really like. What do you think, doctor?

27:48

It's really nice, isn't it? Right? It's a moment we really enjoy, and today especially, because look, I don't...

27:54

I knew there was a master sausage maker. It's a profession, it's a profession that we certainly...

28:01

He really likes it. Actually, I want to thank the boss, the master sausage maker, for being here. Sending kisses to everyone.

28:07

These are the great chefs who are always here in our kitchen. And today we welcome Pedro Berna, who...

28:14

Come talk about the history of the sausage. Edilene's here with you, right, Edilene?

28:19

This beautiful young lady here is going to tell us that not all sausages are the same. She'll tell you a little more about...

28:26

It's a story, right, boss? Yeah, I'm not going to tell the whole story, 50 years of making sausage is a long time. But

28:33

In short, first of all, I want to say that it's an honor to be here with you, Fernanda, here on

28:38

on the show "Tá com tudo" (It's got everything). It's an opportunity for us to talk about a good sausage, a good product. Like in

28:46

In Germany, when it comes to beer, they talk a lot about the purity of the product and maintaining tradition.

28:52

a recipe, don't keep changing it, uh, don't prioritize cost and...

28:58

Profit, but first and foremost quality and health. And we know that we have sausages of all kinds.

29:05

The way and how much it is, the type. So, we have very strict control over it.

29:11

Federal Inspection and such. So, uh, we have quality in Brazil both

29:17

How much do they have in Germany, elsewhere. No, no, no, no, we don't need to be ashamed, we shouldn't.

29:22

For no one, right? And in this project we had the idea of doing a joint...

29:28

A sausage in a special size. Actually, there are two recipes, one German recipe and one Swiss recipe, which are...

29:34

Three types of sausage. You'll see the details at the party later, right? You'll go there to try them.

29:40

But just for show, we even invented a name for the Spof VS sausage, because it...

29:46

It started back in São Paulo. What's that? Spoff. Now let's practice German.

29:51

Trein isn't even German, it's São Paulo October Fest Burst. And that's where it was born.

29:57

And she was so successful while I was already learning German. (I'm leaving)

30:03

horse. It falls in FR. We can speak German too, there's no

30:08

Don't complicate things. Or, Swiss is even harder than German. That's where it gets complicated. Oh well, it's alright. Yeah, it's better if I stick to Portuguese.

30:14

The basic thing here is to avoid embarrassment. So, for us, it's a great opportunity.

30:19

It's great to be able to be at Christmas, not just at Oktoberfest, but also at Christmas with...

30:24

An original product that mothers can give to their children without fear. In fact, uh, the

30:32

Edilene works with me, my wife also works with me, we're a company, my son who's now at

30:38

At the head of the company, it's not me anymore, after 50 years, they say: "Put someone else there, right?" Oh, never mind.

30:43

Now, right? Now I just want to eat the sausage. These things are a really cool thing for us to be able to follow, because the

30:49

We are very proud of what we do. So much so that in our company, the phrase we coined from the beginning,

30:56

We only give our customers what we serve to our own children. Oh, that's great. That's a very important thing.

31:03

Important. First and foremost, quality. And if it's enough for us to survive, I'm not even talking about it.

31:09

Profit. If it's enough to survive, we'll continue. It's already worthwhile, but we're very proud of what we've achieved.

31:15

Yes. And in that sense, uh, I can only speak in German if you go there.

31:21

Appetite. A good appetite in Portuguese. Appetite. It's good appetite. It is

31:28

Appetite. That's it. Done. I'm feeling better here. Now what I want

31:33

Let me show you, first of all, that we have a little screen here. I'm going to ask them to put the screen of "What's on this?"

31:39

Hey, is this the little screen you're watching? It's one of the three recipes you're watching, because it's arrived...

31:45

Take the screenshot at the moment of the screenshot. You take the picture there with your cell phone, but later if you want to stay updated on this chat...

31:51

For details and to follow along, you can go to our website, which will also be available for you. Oh, but what I...

31:58

I want to show you today, as I joked at the beginning of the program, that all sausages are the same.

32:03

No. Why did I say that, boss? Because some people actually have a prejudice against eating sausage. I

32:09

I've always really liked sausage. A while back, a few years ago, some mean people made some videos.

32:16

Well, they ended up going viral on social media talking about the sausage. This sausage, you know? Sausage, folks, it's something like that, I...

32:24

I particularly like it, I've been giving it to my daughter her whole life. And the sausage, when it's of good quality, when it's from a...

32:31

A place you trust, it's amazing food. So I think it's important.

32:36

We can talk about that. Yes, of course, just like with any other food, you need to know its origin.

32:43

that you're buying and bringing into your home. But I think it's important for us to talk about this because sausage is a

32:50

This is a food that Brazilians love, right? Who hasn't eaten the famous hot dog, right? Well, his is more...

32:58

It's special, too. Can I hold one in my hand? Because I want to show you, because where it is now, it won't be possible to...

33:04

See, I said, no, all sausages are the same, you'll understand why not. This is São Paulo. This is, take a look at my hand here.

33:11

It's what I said at the beginning of the program, when the sausage is good, you don't need to put so much on it. Put one

33:17

Just a little something to keep track of, because it's part of the process. But the star here is the sausage. And we made it 30 cm long.

33:25

It's a sausage, right, guys? Yes, it weighs more than 100g, it's actually a product.

33:30

That's really cool. And to summarize, here you brought her with...

33:36

with three things. The first is that Brazilians love fried bacon, so we have it with a little bit of bacon.

33:42

Fried on top, and of course, a little mustard is always a must. And the bread is very important too.

33:48

Because you also have to get the bread right, heat it up so it's really delicious.

33:54

Okay. I see there's a German mix here. Yes, that's München. We call München sauerkraut, sauerkraut.

33:59

German, sauerkraut, etc. Yes, it has a little bit of... Sauerkraut is fermented cabbage, we make it very mild and...

34:06

Also with ketchup and a little mustard, right? And here's another option.

34:12

And the third is the traditional one. So I suggest you start with the traditional one, and when you get to Christmas,

34:19

First you get a traditional one. When you get hungry, you come and get the...

34:24

São Paulo and to leave. And if they don't want to eat, they take the German home. Home they take from m to home to another

34:31

Good morning, isn't that right? Let's all be here. Look, we're going for a quick...

34:38

Break. We'll continue this nice chat soon. It'll be quick, okay? It's a back-and-forth. How do you say "back-and-forth"?

34:45

there? Now I got you in German. Hören wir einig, dann kommen wir wieder zurück. Das Fest geht weiter. Fest continues

35:06

Presented by the Giane family, our family's restaurant for your family.

35:13

Christmas: Paths of Dreams. A spectacle of magic and emotion in Campinas. Come!

35:19

Experience the magic of Santa's Village and the Entrepreneur's Christmas Fair.

35:24

the traditional Christmas parade, enchanting shows for the whole family and much more

35:29

More. From November 28th to December 28th, check out the full schedule.

35:35

On the Natal Caminhos dos Sonhos website, the party is for everyone.

35:43

72 hours of unbeatable offers in São Vicente. Take advantage! Packaged beef sirloin steak R\$9.90 per kilo. Beef flank steak

35:50

Vacuum-packed R\$4.90 per kg. Fine plate rice 5 kg R\$21.89. Only until Sunday.

35:56

Come to São Vicente.

36:16

To keep your company on track, it's good to have support when you need it most. Promotion starts at 80 Unimed Campinas.

36:21

Business plan with an 80% discount, spread over four monthly payments. Visit the website and sign up now.

36:37

Indaiatuba, a city that welcomes, that grows, that inspires. For 195 years, each

36:44

Every street, every square, and every smile helps to write a story made of work.

36:49

Tradition and future, where quality of life embraces newcomers and makes natives proud. We celebrate not only the city, but

36:57

Congratulations to everyone who builds it day after day. Happy 195th birthday, Indaiatuba!

37:04

Message from TH+ Record. Christmas has arrived in a wave of fun. There are toys, there are

37:11

Gifts and offers galore. Mesa Aposta also has heart. Come running!

37:17

Guaranteeing the best prices. Wonders are coming. Wonders. The Christmas store.

37:23

Here you'll find low prices and a wide variety of items. Mara has everything to make your Christmas even more magical. With stores

37:29

Open every day until 10 PM and with parking. A special Christmas at Maravilhas do Lar. Come visit!

37:35

Running. Enjoying. Weekend at Arena. Savings that are worth it. Packaged beef sirloin steak.

37:41

R\$9.90 per kg. Vacuum-packed beef flank steak R\$34.90 per kg. Sprouted carioca beans

37:47

Legal 1 kg 6.79. Only Friday, Saturday and Sunday. I came to Arena Atacado.

37:54

It's got everything. Brought to you by the Giane family, our family's restaurant for yours.

38:01

family. Look,

38:08

We're reaching the end of our program. I want to thank everyone for being here, thank you for...

38:14

Just a reminder that you'll have 7 minutes of peace with the bishop next, and we'll be back tomorrow.

38:21

Here we are again. And now our goodbye will be in German. How is it? Bispot.

38:27

Bye. Kisses, everyone. See you tomorrow. Bye. Bye.

The image shows a screenshot of a YouTube channel page for 'TH+ Record'. A white popup window is overlaid on the page, displaying channel information. The popup includes a close button (X) in the top right corner. The 'Description' section states: 'TH+ Record is the official YouTube channel of the TH+ Campinas website and also of Record Campinas. It is part of the TH+ group (THMais), a network of hyperlocal news portals, with websites in several cities in the interior of São Paulo. On this channel you will have access to journalistic content from programs such as Balanço Geral, TH+ Notícias, Cidade Alerta and Hora da Venenosa.' The 'Links' section contains a globe icon and the text 'TH+ Portal' with the URL 'thmais.com.br/campinas'. The 'More information' section includes a mail icon and 'View email address', a link icon and 'www.youtube.com/@thmaisrecordcampinas', a globe icon and 'Brazil', a calendar icon and 'Registered on February 28, 2025', a person icon and '18,900 registered', a video icon and '1,935 videos', and an eye icon and '13,275,621 views'. The background shows the YouTube interface with a search bar, navigation menu, and video thumbnails.

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## About ASOPRS

The American Society of Ophthalmic Plastic and Reconstructive Surgery (ASOPRS) is dedicated to education, research, and the quality of clinical practice in oculofacial plastic surgery. Founded in 1969, ASOPRS has almost 1,000 members in the US, Canada and over 30 other countries around the world who are dedicated to facial rejuvenation and disorders of the eyelids, eye socket, and tear drainage system.

To advance our mission, the Society publishes the scientific journal, *Ophthalmic Plastic and Reconstructive Surgery*, hosts an annual members-only spring conference, and every autumn, sponsors the largest international meeting dedicated to oculofacial plastic surgery in the world.

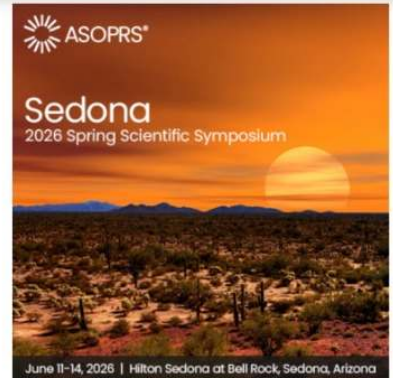
ASOPRS is a professional membership society, providing resources, education, and a community for oculofacial plastic surgeons. ASOPRS is not a certifying or accrediting body.

Fellow membership in ASOPRS requires that the individual be highly trained in oculofacial plastic surgery, have an unrestricted license to practice medicine or appropriate authorization to practice, and be certified by the American Board of Ophthalmology or The Royal College of Physicians and Surgeons of Canada (or equivalent, if the Fellow has moved outside the US or Canada). The majority of Fellow members reside and practice in the United States or Canada.

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### Upcoming Events

Thu Mar 12, 2026

[ISOPRS 2026](#)

Category: Events

Fri Apr 17, 2026

[Comprehensive Aesthetic Facial Surgery – Hands-on Cadaver Workshop](#)

Category: Events

Thu Jun 11, 2026

[ASOPRS 2026 Spring Meeting](#)

Category: Events

Thu Oct 8, 2026

[ASOPRS 57th Annual Fall Scientific Symposium](#)

Category: Events

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The mission of ASOPRS is to advance education, research, and the quality of clinical practice in the fields of aesthetic, plastic and reconstructive surgery specializing in the face, orbits, eyelids and lacrimal system.

Contact Us:

**ASOPRS**

1041 Grand Avenue #132, St. Paul, MN 55105

612-601-3168

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Dra. Ivana Cardoso Pereira, M.D.  
205, Fortunato Faraone  
Americana, São Paulo, Brazil  
Email: ivanacp@uol.com.br  
Phone: +55(16)996013051

November 29, 2025

Admissions Committee  
American Society of Ophthalmic Plastic and Reconstructive Surgery (ASOPRS)

Re: International Membership Recommendation – Dr. Alessandra Kurahashi Dantas

Dear Members of the Admissions Committee,

I am pleased to write this letter in support of Dr. Alessandra Kurahashi Dantas's application for International Membership in the American Society of Ophthalmic Plastic and Reconstructive Surgery.

My name is Dra. Ivana Cardoso Pereira. I am an ophthalmologist with subspecialty training and extensive experience in oculoplastic and orbital surgery. I hold a Doctorate and Post-Doctorate degree from the University of São Paulo (USP) and currently serve as President of the Brazilian Society of Ophthalmic Plastic Surgery (SBCPO) for the 2026–2027 term.

I have known Dr. Alessandra Kurahashi Dantas as a colleague in the field of oculoplastic surgery, and I can attest to her professional ethics, clinical experience, and dedication to periocular surgery. With more than 25 years of ophthalmology practice, she consistently works with functional and aesthetic eyelid surgery, periocular reconstruction, lacrimal disorders, and trauma, bringing solid judgment and technical competence to her patients.

Dr. Kurahashi Dantas is recognized for her careful approach, reliability, and ongoing commitment to education and high standards of care—qualities that align well with the values upheld by ASOPRS. I am confident she will be a valuable addition to the Society's international community.

For these reasons, I fully support her application. Please feel free to contact me if further information is needed.

Sincerely,



Dra. Ivana Cardoso Pereira, M.D.  
Oculoplastic and Orbital Surgery

Midori H. Osaki MD, MBA, PhD  
Rua Joao Moura 661 cj 84, Jardim Paulista  
Sao Paulo, SP, Brazil  
05404-000  
midori\_osaki@yahoo.com.br  
December 2, 2025

Admission Committee  
American Society of Ophthalmic Plastic and Reconstructive Surgery -ASOPRS  
1041 Grand Avenue #132, St. Paul, MN 55105

Dear Members of the Admission Committee,

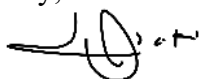
I am pleased to present Alessandra Kurahashi Dantas for your consideration for international membership in the American Society of Ophthalmic Plastic and Reconstructive Surgery (ASOPRS). As a colleague, I have had the privilege of witnessing her dedication and excellence in the field of oculoplastics.

Dr. Alessandra completed her medical degree at the Federal University of Paraná and specialized in Ophthalmology, focusing on oculoplastics, with her training completed at the State University of Campinas. She is a member of the Brazilian Oculoplastic Surgery Society and has excelled in both aesthetic and reconstructive surgery, demonstrating a remarkable commitment to clinical practice and lifelong education.

Dr. Alessandra is a dedicated professional who continually seeks to enhance her skills and knowledge. Her participation in ASOPRS will be a valuable addition to our community, bringing new perspectives and collaborating to advance the field of oculoplastics.

Thank you for considering her application. I am available to provide any further information that may be required.

Sincerely,



Midori Hentona Osaki, MD, MBA, PhD  
Past President of Brazilian Oculoplastic Surgery Society

# Letters of recommendation/International Membership/ Alessandra Kurahashi Dantas

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 mail.google.com/mail/u/0

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**From:** Alessandra Dantas <[alekdantas@nco.med.br](mailto:alekdantas@nco.med.br)>  
**Date:** January 5, 2026 at 03:18:10 BRT  
**To:** [info@asoprs.org](mailto:info@asoprs.org)  
**Subject:** Letters of recommendation/International Membership/ Alessandra Kurahashi Dantas

Dear Members of the ASOPRS Membership Committee,

I hope this message finds you well.

I am writing regarding my application for International Membership in the ASOPRS, specifically to clarify the submission of my letters of recommendation .

The first letter of recommendation has been submitted directly by Dr. Don O. Kikkawa, in accordance with the application requirements. The second letter of recommendation is attached to this email for your review.

Please let me know if any additional information or documentation is required to complete my application.

Thank you very much for your time and consideration.

Sincerely,

Alessandra Kurahashi Dantas, MD

Ophthalmologist – Oculoplastic Surgery and Lacrimal System

Campinas, São Paulo – Brazil

Email: [alekdantas@nco.med.br](mailto:alekdantas@nco.med.br)

**ASOPRS Alessandra Kurahashi Dantas .pdf**  
110K

## E-mail de Yousa Law - Fwd: ASOPRS Membership – CV/ Alessandra

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 mail.google.com/mail/u/0

**From:** Alessandra Kurahashi Dantas <[alekdantas@nco.med.br](mailto:alekdantas@nco.med.br)>  
**Date:** January 4, 2026 at 22:58:21 BRT  
**To:** Don Kikkawa <[dkikkawa@gmail.com](mailto:dkikkawa@gmail.com)>  
**Subject:** Re: ASOPRS Membership – CV/ Alessandra

Hi Don,

Happy New Year!

Thanks for sending the letter to the ASOPRS.

See you in February.

Best

Alessandra

On Jan. 4, 2026, à(s) 13:43, Don Kikkawa <[dkikkawa@gmail.com](mailto:dkikkawa@gmail.com)> wrote:

Hi Alessandra,

Happy new year!

I sent your letter directly to the ASOPRS office.

Good luck with your application.

See you February at our course!

All the best,

Don

On Dec 4, 2025, at 7:29 PM, Alessandra Kurahashi Dantas <[alekdantas@nco.med.br](mailto:alekdantas@nco.med.br)> wrote:

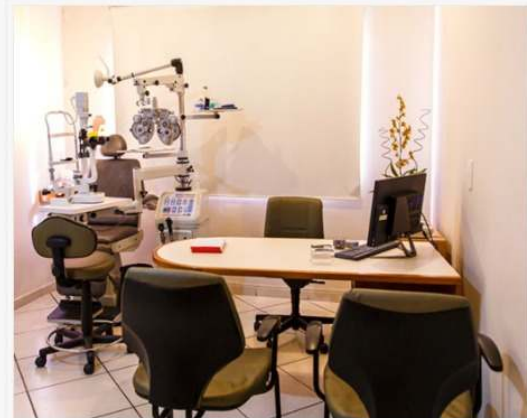


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**DR. IVAN VALLIM  
BRISOLA - CRM  
56.278**

Medical residency  
UNICAMP - Specialist title  
in ophthalmology - CBO



**DR. FERNANDO  
JUSTINO DANTAS -  
CRM 87.931**

Medical residency  
UNICAMP - Specialist title  
in ophthalmology - CBO



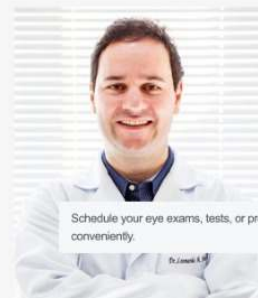
**DR. POLLYANA  
ASSUNÇÃO HUEB  
MARCHI - CRM  
97.167**

Medical residency  
UNICAMP - Specialist title  
in ophthalmology - CBO



**DR. ALESSANDRA  
KURAHASHI DANTAS  
- CRM 84.268**

Medical residency  
UNICAMP - Specialist title  
in ophthalmology - CBO



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**DR. HELENA LUISA REIMER DIAS - CRM 104.106**  
Medical residency UNICAMP - Specialist title in ophthalmology - CBO




**DR. VANESSA GONÇALVES CRESPI FLORES - CRM 104.156**  
Medical residency UNICAMP - Specialist title in ophthalmology - CBO




**DR. WILSON MARCHI JR - CRM 66.864**  
Medical residency UNICAMP - Specialist title in ophthalmology - CBO




**DR. LEONARDO ASSUNÇÃO HUEB - CRM 115.827**  
Medical residency UNICAMP - Specialist title in ophthalmology - CBO



**DR. DENISE FORNAZARI DE OLIVEIRA - CRM 65.058**  
Medical residency UNICAMP - Specialist title in ophthalmology - CBO





**DR. ALANA MENDONÇA DE SANTANA - CRM 122.441**  
Medical Residency UNICAMP - Specialist Title in Ophthalmology - CBO



**DR FERNANDA CREMASCO - CRM 118.190**  
Medical Residency and Doctorate in Medical Sciences/Ophthalmology UNICAMP - Specialist title in ophthalmology - CBO

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