



BEN LAHOOD

OPHTHALMOLOGIST  
CATARACT & REFRACTIVE SURGEON

**FOR IMMEDIATE RELEASE**

South Australian ophthalmologist Dr Ben LaHood selected to The Power List, the top 100 ophthalmologists globally. Australia's youngest ever nominee at just 39 years.

Leading ophthalmic trade publication- **The Ophthalmologist Magazine has today announced its [2023 Power List](#)**, which included Adelaide based **Dr Ben LaHood MBCHB, PGDIPOPTH, PHD, FRANZCO**.

The Power List highlights the excellence and impact of the most influential and inspirational people in ophthalmology globally.

**At just 39 years old**, Ben is the youngest Australian ophthalmologist and eye surgeon to be included in the global top 100, the only South Australian, and just **one of only two** Australians in 2023 to make the cut.

Now celebrating it's 10-anniversary, this list is a benchmark that recognises the genuine giants of clinical practice and vision research. Nominated by surgeons worldwide, it throws a spotlight on individuals who have demonstrated "ten years of excellence and impact in ophthalmology."

Dr LaHood has been recognised for his surgical services professionally as a consultant ophthalmologist at [Adelaide Eye and Laser Centre](#), [ParkView Day Surgery](#) and [The Queen Elizabeth Hospital in Adelaide](#), and [Senior Lecturer at University of Adelaide](#).

Ben is considered a leader in the subject of cataract and refractive surgery, which has seen him attend multiple conferences across Asia and America to educate his peers. As well as a driving force through his highly engaged digital and social media presence, newsletters, blogs, two podcasts and regular webinar events.

*"I am incredibly humbled to be included in this group of the world's top 100 ophthalmic minds. I had never assumed I would be at this stage in my career and still not be 40! Selection on this list has been a career goal and is clearly a highlight for me. I could not have got to where I am today, without the many opportunities I have been provided by my professional community. Thank you.*

*It is a personal goal of mine to challenge the current system that often restricts 'advanced technology' (toric and multifocal intraocular lenses) in cataract treatment for private patients only. I believe we should be thinking about the wider benefits and long-term health benefits of these technologies as there are wider reaching communities who would benefit including those with dementia and other disabilities. These technologies have been the focus of my research, PhD and publications over the past five years."*

Jon Greenway, Editor of The Ophthalmologist says *"We are thrilled to include two Australians in this year's Power List. We have never had a nominee as young as Ben which is fantastic news for Australian ocular health, and for inspiring the next generation of ophthalmologists"*.

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For more information or interview opportunities with Dr Ben LaHood, please contact Susannah Norris at The Collective Co [susannah@thecollectiveco.com.au](mailto:susannah@thecollectiveco.com.au) or Tel: 0410 847 789

## NOTES TO EDITOR

Ben's career success started in 2007 as the top ranked entrant at **Otago University 2007 awarded MBChB**, which was quickly followed with distinction for his **Postgraduate Diploma in Ophthalmology (PGDipOphth) Otago University & Sydney University 2011**.

Ben then undertook subspecialty training in refractive surgery in Adelaide, Australia where he was mentored by Professor Michael Goggin to become an authority on astigmatism management, premium IOL implantation and laser vision correction.

Dr Ben LaHood – memberships and positions

- Senior Clinical Lecturer at University of Adelaide
- Fellow of the Royal Australian and New Zealand College of Ophthalmologists (FRANZCO)
- Member of the European Society of Cataract and Refractive Surgeon (ESCRS)
- Member of the American Society of Cataract and Refractive Surgeons (ASCRS)
- Member of the Australasian Society of Cataract and Refractive Surgeons (AUSCRS)
- Fellow of The World of Refractive Surgery and Visual Sciences (WCRSVS)
- Global Editorial board Member of Cataract and Refractive Surgery Today (GRST)
- Author and producer of two podcasts
  - Ophthalmology Against the Rule
  - The Second Look
- A member of The Power List in 2023 – this list is made up of the 100 most influential ophthalmologists globally and is published annually by *The Ophthalmologist* publication. It is achieved through peer nomination.

Ben is committed to learning, education, and research. He is frequently invited to speak on ophthalmic topics including cataract and refractive surgery worldwide as well as holding the position of Senior Clinical Lecturer at The University of Adelaide.

**Dr Ben LaHood**

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