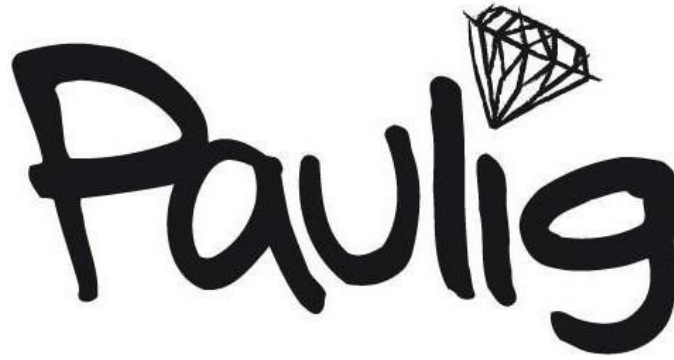




PAULIG EYE & HEALTH

Operation / Laser / Anti-Aging

Dr. Sylvia Paulig Press Kit

Ophthalmic Surgery Preventive Ophthalmology Healthy Longevity



**FORTUNA GLOBAL EXCELLENCE AWARD 2023
BEST OPHTHALMIC SURGEON WORLDWIDE**

Founder, CEO and Medical Director

PAULIG EYE & HEALTH | PAULIG RESEARCH INSTITUTE

Berlin Abu Dhabi Riyadh Oberwiesenthal

EXECUTIVE PROFILE

Ophthalmic leadership with a preventive medical vision

Winner of the 2023 Global Excellence Award as Best Ophthalmic Surgeon Worldwide, Dr. Sylvia Paulig combines high-volume precision with prevention and healthy longevity.

Dr. Sylvia Paulig is an internationally active ophthalmic surgeon, researcher and healthcare entrepreneur. Over more than three decades, she has personally performed more than 120,000 intraocular procedures while building PAULIG EYE & HEALTH into a founder-led platform for advanced eye surgery, early diagnostics and preventive care.

Her work connects precision ophthalmology with a broader clinical question: can biological change be detected and influenced before irreversible disease begins? The eye offers direct access to neuronal tissue, microvasculature and longitudinal structural information, making it an important platform for preventive and healthy-aging research.

EXPERIENCE	SURGERIES	SLT TREATMENTS	RESEARCH
30+ years	120,000+	15,000+	Since 2007

Current leadership roles

- Founder, CEO and Medical Director of PAULIG EYE & HEALTH
- Founder of the PAULIG RESEARCH INSTITUTE
- Editor in Chief of the Open Access Journal of Ophthalmology
- Board member of GHORFA, the Arab German Chamber of Commerce and Industry
- International speaker on ophthalmology, prevention and healthy longevity

Medical perspective

Her model is preventive, personalized, predictive, sustainable and patient-centered. It is designed to preserve function and quality of life rather than waiting for advanced disease to require repair.

CLINICAL EXCELLENCE

Over 120,000 personally performed intraocular surgeries

Surgical precision remains the clinical foundation of Dr. Paulig's work and the source of a uniquely extensive longitudinal patient experience.

Cataract and advanced vision correction

Dr. Paulig specializes in cataract surgery, refractive lens procedures, presbyopia solutions and advanced laser vision correction. Her clinical philosophy prioritizes optical quality, individual anatomy and long-term retinal and optic nerve safety.

Binovision

Dr. Paulig developed Binovision, a proprietary approach that combines an aspheric intraocular lens with corneal laser refinement to support natural binocular vision and reduce dependence on glasses without relying on multifocal optics.

Early diagnostics and lifelong observation

PAULIG EYE & HEALTH integrates high-resolution OCT assessment of the retinal nerve fiber layer, macula, optic disc and choroid with vascular, pressure and perfusion evaluation. Longitudinal comparison is central: subtle change across years often matters more than a single isolated measurement.

Preserving vision before irreversible loss

Since 2007, Dr. Paulig and her team have continuously researched, observed and successfully treated changes of the optic nerve. Their approach is based on recognizing neuroretinal change early and intervening before advanced damage develops.

Since PAULIG EYE & HEALTH was founded, not a single patient has gone blind.

This outcome defines the clinic's central principle: medicine should not begin only after function has already been lost.

RESEARCH PLATFORM

The eye as an underrecognized biomarker platform

The research program connects ophthalmic precision with the study of biological change, health loss and healthy aging.

Optic nerve research since 2007

Dr. Paulig's long-term work focuses on normal-tension glaucoma, retinal nerve fiber layer change, Her experience includes more than 15,000 SLT treatments and a clinical database of more than 12,000 patients with documented RNFL reduction and long-term follow-up.

Four complementary domains

DOMAIN	CLINICAL INFORMATION
Neuronal	Retinal nerve fiber layer, optic nerve head and ganglion-cell related change
Vascular	Retinal microvasculature, perfusion patterns and visible vascular change
Structural	Macular, choroidal and optic disc morphology
Longitudinal	Individual change over time rather than one population-based snapshot

Selected contribution at Harvard

Selected for Biomarkers of Aging 2026 at Harvard, Dr. Paulig's contribution, Eye as an Underrecognized Biomarker Platform, advances the scientific framework developed through her VISION PAPER™ series.

VISION PAPER™ : the intellectual foundation

The Harvard contribution builds on Dr. Paulig's VISION PAPER™ series, which documents the evolution of her preventive and systems-oriented medical framework. The series establishes the eye as a platform for early detection, longitudinal observation and intervention before irreversible health loss.

HEALTHY LONGEVITY

Where vision meets longevity

The longevity program translates decades of ophthalmic observation into a broader model for detecting loss of health before disease becomes established.

A clinical window into systemic health

The retina and optic nerve can reveal neuronal and vascular changes directly and non-invasively. PAULIG EYE & HEALTH combines this information with selected laboratory markers, medical history, sleep, stress, circulation, nutrition and lifestyle factors.

The longevity consultation

- High-resolution ocular diagnostics including RNFL, macula, optic disc, choroid and perfusion
- Individual laboratory assessment including metabolic, vascular and healthy-aging markers
- Evaluation of sleep, stress, circadian rhythm, movement, nutrition and psychological resilience
- Personalized intervention with structured reassessment after eight to twelve weeks

From repair to regulation

The program is not a substitute for disease-specific medical care. It is an extension of it: a way to identify interacting risk patterns, preserve biological function and support patients before isolated findings become irreversible illness.

Human-centered medicine

Dr. Paulig combines evidence-based ophthalmology with experience in nutrition, psychotherapy, Ayurveda and yoga. These perspectives are integrated selectively and responsibly around the individual patient, never in place of precise diagnosis or indicated treatment.

INTERNATIONAL STRATEGY

A founder-led platform for Saudi Arabia and the GCC

The proposed model combines German medical precision with Saudi infrastructure, local capability building and long-term research value.

Strategic direction after Riyadh

Following the Forbes Middle East Healthcare Leaders Summit in Riyadh in September 2026, Dr. Paulig is advancing discussions around an independent Eye and Longevity platform aligned with the long-term priorities of Saudi Vision 2030.

What the platform brings

- Precision eye surgery and advanced diagnostics
- Preventive ophthalmology and healthy longevity programs
- Clinical research, education and structured knowledge transfer
- A pilot flagship followed by governed Saudi satellites and regional expansion
- Locally anchored longitudinal data, workforce development and permanent capability

Sustainable healthcare value

The objective is not short-term capacity alone. It is to create a protected medical platform that develops local expertise, keeps clinical and research value in the country and gives partners long-term clarity. This is healthcare rather than sick care: earlier action, greater efficiency and lasting value for patients and society.

International presence

PAULIG EYE & HEALTH maintains its clinical base in Berlin and has locations or representative offices in Oberwiesenthal, Abu Dhabi and Riyadh. The international model is designed for collaboration with serious scientific, institutional and investment partners.

RECOGNITION AND MEDIA

Selected international milestones

Dr. Paulig's work has been recognized across medicine, leadership, research and international healthcare dialogue.

YEAR	SELECTED MILESTONE
2026	Speaker at the United Nations CSW70 Side Event in New York
2026	Selected contribution to Biomarkers of Aging at Harvard
2026	Elite Leadership Award for Global Leadership in Eye Surgery, Preventive Ophthalmology and Healthy Aging
2023	Fortuna Global Excellence Award 2023 - Best Ophthalmic Surgeon Worldwide
2025 2026	Recognized by the stern physicians list in refractive surgery
2025	Best Paper recognition for Two in One Revolutionary Ideas for Publications in Scientific Journals
2025	Featured by Forbes India on vision, longevity and human-centered medicine
2024	Publication on anti-aging of the optic nerve and clinical coverage of SLT plus resveratrol

Selected media

Coverage and interviews have appeared in Forbes India, Business Insider, USA Today, AP News, CIO Times, Humans of the Globe, Arab Leaders Magazine, Khaleej Times, Healio, BILD and specialist ophthalmic publications.

Selected feature [Forbes India Leading the future of vision longevity and human-centered medicine](#)

Further press and television material [PAULIG EYE & HEALTH Press and Media](#)

MEDIA INFORMATION

Interview themes and contact

Dr. Paulig is available for selected interviews, keynote engagements and strategic discussions in ophthalmology, prevention, healthy longevity and sustainable healthcare.

Core interview themes

- Why early optic nerve change matters even when intraocular pressure is normal
- The eye as a platform for neuronal, vascular and healthy-aging research
- Why medicine must move from late repair toward prevention and regulation
- Precision cataract surgery, presbyopia correction and the Binovision approach
- Building sustainable healthcare capabilities in Saudi Arabia and the GCC

Short biography

Dr. Sylvia Paulig is an internationally active ophthalmic surgeon, researcher and healthcare entrepreneur with more than 30 years of clinical experience and over 120,000 personally performed intraocular surgeries. She is the Founder, CEO and Medical Director of PAULIG EYE & HEALTH and Founder of the PAULIG RESEARCH INSTITUTE. Her work combines advanced eye surgery, optic nerve research, preventive diagnostics and healthy longevity. Since 2007, she has pursued long-term clinical research into retinal nerve fiber change, normal-tension glaucoma, SLT and biological conditions affecting optic nerve health. She is an international speaker, GHORFA board member and Editor in Chief of the Open Access Journal of Ophthalmology.

Contact

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