

Dr Laurie Capogna graduated from the University of Waterloo in Ontario, Canada with her Doctor of Optometry degree in 1998. She has been practicing optometry since 1998, with an interest in ocular health, nutrition and refractive surgery.



From 1998 to 2015, Dr Capogna worked at Peninsula Eye Associates in Niagara Falls where she provided full spectrum optometric care in a surgical eye care centre. In 2011, Dr Capogna co authored *Eyefoods: A FoodZ plan for Healthy Eyes*, a ground breaking book on nutrition and eye health that has sold over 20,000 copies. She has since written *Eyefoods for Kids: A Tasty Guide to Nutrition and Eye Health*, and *Cooking with Eyefoods: Recipes to protect your Eyes from blue light*.

In 2015, Dr Capogna opened a new concept eye care clinic in Niagara Falls Canada called Eye Wellness. Here the optometrists and eye wellness staff provide comprehensive eye care with a focus on education regarding nutrition and lifestyle factors that can help their patients maintain a lifetime of healthy eyes

In addition to caring for her patients and leading the Eye Wellness team, Dr Capogna speaks frequently to the eye care professionals and general public about the importance of nutrition and ocular health. She also write articles about the topic of ocular nutrition. She is a member of the College of Optometrists of Ontario, the Ontario Association of Optometrists, the Canadian Association of Optometrists and the Ocular Nutrition Society.

During her optometric career, Dr Capogna has had a keen interest between nutrition and the prevention of eye disease, and has cared for thousands of patients. Her quest to help these patients prevent the progression of eye disease and maintain eye health led her to research the area of nutrition and eye health. It is through her daily interactions with patients that she saw the need for a way to educate people regarding the benefits of good nutrition and vision.

In her free time, Dr Capogna enjoys cooking and entertaining for friends and family. Her parents immigrated to Canada from Italy in the 1950s, and she was raised on a fruit and greenhouse farm in southwestern Ontario. Her Italian heritage and experience with growing fruits and vegetables has nurtured her interest in nutrition and cooking. She strives to use local ingredients in her meals and loves to incorporate cooking techniques from her Italian heritage.

Dr Capogna has been married to her husband, who makes her laugh everyday, for 20 years. They have recently adopted a puppy, a black lab named Dakota. Dr Capogna loves to make her husband eye healthy dishes such as kale chips. She resides in Ontario, Canada.