10 Podcasts You Should Be Listening To

For the uninitiated, podcasts are, in the simplest terms, internet radio shows available whenever you want to listen to them. These episodic series of audio files are so popular nowadays that it seems everybody has one. In fact, there were more than 700,000 podcasts and more than 29 million podcast episodes available as of April 29, 2019.1 With the immense popularity of podcasts, it’s no surprise that niche subjects such as optometry have a wide variety of podcast offerings covering many aspects of our specialty. Below is an overview of my favorite podcasts related to optometry and eye care.

1. **Opthalmology Innovation Summit**
   - This podcast, brought to you by the Ophthalmology Innovation Summit, presents candid conversations with ophthalmology’s innovators and business leaders. Host Tom Salemi interviews influential ophthalmology industry executives, investors, key opinion leaders, and researchers about the most exciting topics in ophthalmology. This podcast is a personal favorite of mine, as it explores the future of eye care via in-depth discussions with the heavy hitters of our industry.
   - Listen here: bit.ly/0619OIS

2. **Try Not To Blink**
   - This weekly podcast is for optometrists and optometry students of all ages, locations, and practice modalities. Episodes are released every Monday and cover all things optometry, from news and hot topics to tips and tricks of the trade. The hosts, James Deom, OD, and Roya Habibi, OD, aim to steer away from the interview-style podcast that has dominated our profession over the years and instead strive for more of a “late show” feel. This creates an overall easy listening experience, making this podcast a great way to wind down after a long day at the office.
   - Listen here: bit.ly/0619Blink

3. **The Dry Eye Show**
   - More than 30 million Americans have dry eye disease, and it can be frustrating to try multiple treatment options yet get no relief. Travis Zigler, OD, and Jenna Zigler, OD, created The Dry Eye Show as a podcast adjunct to their Facebook group, the Dry Eye Syndrome Support Community. Their show provides listeners with dry eye–related content, covering everything from prescription medications, to holistic approaches, to treating dry eye...
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JOSHUA DAVIDSON, OD, FSLS
Optometrist, Williamson Eye, Baton Rouge, Louisiana
Member, Modern Optometry Editorial Advisory Board
jdavidson@weceye.com
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