

Dear Colleagues,

We begin this issue of *Ophthalmology* with the Outstanding Nordic PhD Awards. These awards highlight the exciting work of emerging scientists in ophthalmology. As last year, we determined the winners based on the total CiteScore of the papers published in their theses, as further described on page 4. We congratulate Maria Xeroudaki from Sweden, who won the first prize with the highest score ever (90.2) in *Ophthalmology*. Niina Harju from Finland was in second place, and Ingvild Ramberg from Denmark received third prize. We welcome anyone who defended their thesis in 2023 to reach out to us by October 1, 2024, to be included in the upcoming 2024 issues and be considered for the next PhD awards. In this issue, we present the highlights of five recent theses, covering topics from the front to the back of the eye, including oculoplastics and the eye as a window to the brain.



Tor P. Utheim

We are pleased to continue our latest series, *Ophthalmology's* Portrait of Excellence, with Professor Jakob Grauslund as the second colleague in the spotlight. Learn more about his amazing academic journey, including becoming a professor at the age of 38 and supervising over 90 students, in the full interview on page 15. We welcome nominations of future candidates for the Portrait of Excellence so we can highlight their achievements and inspire young doctors and researchers with their stories. In the same vein of inspirational stories, in this issue, our Danish colleagues discuss how research can lead to legal changes, with the aims of helping patients and clinicians alike.

Two of our previous *Ophthalmology* Best Paper Awardees return in this issue with a most exciting update on the latest research on circadian rhythms and why ophthalmologists and others should care. Their peer-reviewed narrative review can be found on page 25.

We are also pleased to present an example of recent top-notch research in the Nordics. If you or your colleagues are interested in having your work featured in an upcoming issue of *Ophthalmology*, please send an email to info@ophthalmology.com. We also feature exciting ongoing research. On page 39, we present the newly established EU network, Restore Vision, involving several Nordic partners.

We hope to see many of you in the beautiful Kuopio, Finland, for the Nordic Congress of Ophthalmology in 2024. The deadline for early-bird registration is March 31, 2024, and the deadline for abstract submission is April 1, 2024. Furthermore, do not miss the ocular inflammation and infection course, which will feature world-class speakers, on April 18–19, 2024, at St. Erik Eye Hospital, Stockholm, Sweden.

The editorial board will consider all manuscripts submitted by February 15, 2024, for publication in our next issue. Please do not hesitate to reach out to us with any questions. All articles published in 2024 will be eligible for *Ophthalmology's* 2024 Best Paper Awards. The winners of the 2023 Best Paper Awards will be announced in the upcoming issue.

The Editorial Board wishes all our readers a Merry Christmas and a Happy New Year.

Tor Paaske Utheim
Editor-in-Chief



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MANUSCRIPTS:

Manuscripts can be sent to info@ophthalmology.com. For guidelines about manuscripts, deadlines, and distribution, visit www.ophthalmology.com.

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COVER:

The cover of this issue was inspired by the narrative review on page 25: What happens when circadian rhythms go wrong, and why we should care. The eyes play an important role in regulating our circadian rhythms and understanding the how and why things can go awry with this vital system in important for overall health and well-being.

