



Two in One - Revolutionary Ideas for Publications in Scientific Journals

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Opinion

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Opinion

Why We Need to Rethink and Possibly Open the Rigid Structure of Scientific Journals?

Our world is changing everywhere and in every direction, including in healthcare, wellbeing, and approaches to longevity solutions.

Keywords

Vision Thinking; Glaucoma; Eye; Ophthalmology

Abbreviations

RNFL: Retinal Nerve Fibre Layer.

Introduction

Scientific Breakthroughs Begin with Thoughts, Not Data

- Groundbreaking discoveries from researchers like Einstein and Virchow started with ideas alone.
- Interdisciplinary connections are important and must be published, yet are still rarely found.
- Longevity medicine and digital health require insights from different disciplines and a kind of "Bridge Thinking" or "Vision Thinking" beyond conventional boundaries.
- Science is shaping society. We need space not only to think, but also to communicate.
- We should practice not only emotional intelligence, but also intellectual responsibility.
- We, as scientists and leaders, must actively engage in new frameworks, discussing cross-cutting perspectives that make progress not only possible but faster.

- A shift is needed, from monologue to dialogue, toward a "Multiple Voices Strategy" for academic exchange.

Introducing a New Format: Vision Papers

- These papers will create space for systemic thinking and cross-disciplinary insights. They may explore:
- Thought models
- Transdisciplinary hypotheses
- Structural critiques
- Future-oriented frameworks even in the absence of new empirical data.

The aim is to open space for visionary thinking, bridge-building, and intellectual responsibility, the true precursors to innovation.

Submissions will undergo peer review but will focus on:

- Clarity of thought
- Originality
- Relevance to broader scientific and social challenges

From Vision to Insight: Reframing Eye Health as a Systemic and Societal Catalyst for Healthy Longevity

"I do not fear being overwhelmed, it tells me that the work I do truly matters."

"After three decades of surgical experience and scientific work I do not longer see vision correction as the goal.

I see it as a starting point for something much deeper - a new framework for preventive and long health, neurological insight and human reconnection".



The Eye - A Diagnostic Interface

At PAULIG EYE & HEALTH, we have always gone beyond visual acuity.

The retina and optic nerve are interconnected and belong to the brain.

- Changes here often reflect systemic dysfunction long before symptoms are visible or present.
- These are important aspects of aging medicine.

Through being increasingly involved in healthy longevity and wellbeing, and due to advanced imaging, we discovered biomarkers of aging integration as part of our daily routine in ophthalmology at PAULIG EYE & HEALTH.

We Now Use the Eye to Detect and Monitor:

- Retinal Nerve Fibre Layer (RNFL) thinning as an early sign of neurodegenerative diseases, including Glaucoma, Alzheimer's, and Dementia.
- Optic nerve head perfusion and microvascular changes, indicating vascular aging or mitochondrial damage.
- Choroidal thinning and OCT-Angiography irregularities, often reflecting chronic inflammation or endothelial dysfunction.
- Elevated homocysteine levels, which correlate with both glaucoma risk and cardiovascular changes and cognitive decline.

These Insights Allow Us to Stratify Patients into Preventive Pathways, Integrating:

- Nutritional interventions (for example, Vitamin B12, Omega-3)
- Mitochondrial and metabolic support (e.g., Resveratrol)
- Psycho-emotional diagnostics when chronic stress (social media) or trauma is suspected
- Education about the whole epigenetic backstory, including exercise and sleep

This holistic approach turns vision diagnostics and some aspects of traditional Western treatments into multi-system early warning tools, shifting medicine from reactive offerings to proactive transformation.

Bridging Disciplines, Cultures and Systems

- My work is not only driven by technology and special skills.
- My research and practice stem from a more complex motivation: the desire to understand life and health fully and help others do the same.

This means covering the wisdom of holistic and integrative medicine, from Ayurveda to

Psychoneuroimmunology and overall science.

It means confronting the impact of digital overstimulation, climate change, and sociopolitical stress on vision (using phones too often) and brain health (social media).

And It Means Building Bridges:

- Between clinical medicine and public health policy
- Between Western scientific precision in diagnostics and Eastern healing traditions
- Between physicians and patients, and between science and soul
- Between continents, especially in my work through GHORFA, connecting Europe and the Arab world in knowledge-based offices and partnerships

Vision Beyond the Eye

- To see clearly is not only a physiological act.
- It is also a metaphor for truth, insight, direction, and more.
- If we aim to build a future of sustainable, dignified longevity, we must look beyond symptoms and start seeing the whole human being in context, biologically, emotionally, and culturally.
- Healthy longevity starts with clarity, in the eye, in the body, and in the mind.
- Through eye-based biomarkers, we gain access to the body's neurological and metabolic status.
- Through medical dialogue across borders, we create systems that prioritize prevention over reaction.
- Through vision, we start to heal not only diseases but early imbalances.

"I bridge science and soul, medicine and humanity.

True vision heals more than eyes, it connects people, cultures, and a future we are shaping."

About the Author:

- Dr. Sylvia Paulig is a globally recognized and awarded ophthalmic surgeon with over 120,000 intraocular procedures performed.
- She is the Founder and CEO of PAULIG EYE & HEALTH and the PAULIG RESEARCH INSTITUTE.
- She pioneers the integration of vision diagnostics with Aging and Brain Health.
- As a GHORFA Board member and international speaker, she advocates for ethical innovation, healthcare diplomacy, and a new human-centered era of medicine.