

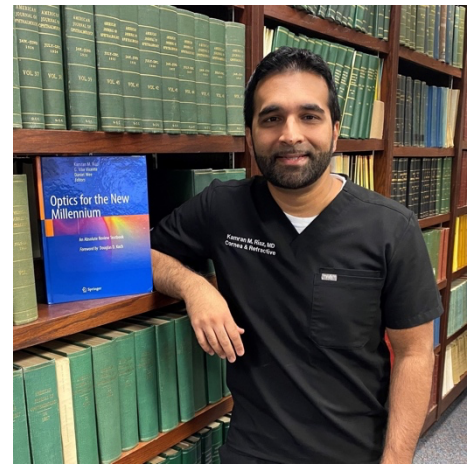


YES Newsletter— August

Get to know your YES Clinical Committee Member: Kamran Riaz, MD

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Do you have an OR quirk? Music you always listen to/won't listen too? Something you always wear and the like? After years of wet cotton socks during training, I discovered waterproof "Dex-Shell" socks. These waterproof socks are totally breathable, allowing me to use the microscope pedals like cotton socks while keeping my feet dry and comfortable. Even on add-on case days, I always have a pair in my bag ready to go because I can't operate with cotton socks anymore. As for music, my fellows tell me I have the widest taste in music, ranging from modern classical, old-school jazz, and lounge music with occasional 90s rap thrown in for general anesthesia cases for which I have been known to rap along to, much to the puzzlement (and chagrin) of my nurses



How do you unwind after a stressful day? Carbs (rice and/or pasta), ice cream, and, because my main OR days are on Mondays, I usually watch Monday Night Football or a good documentary. Save the workout for another day.

If you could only eat one food for the rest of your life what would it be? Staying true to my cultural roots, I would have to say Biryani! It's a famous dish from the subcontinent that consists of rice, meat (usually lamb or chicken), and various spices cooked together.

What is the most unique place you've traveled/visited? I was recently in Turkey and visited Cappadocia. We took a hot air balloon ride over the natural, tall, cone-shaped rock formations and valleys. The view was spectacular.

Who is your hero—in ophthalmology or personally? In ophthalmology, Dr. Charles Kelman for having the vision, courage, and stubbornness to develop and advance phacoemulsification for cataract surgery. Dr. Kelman was originally derided by his colleagues, and phaco was banned by ophthalmology societies. But he persisted, and the technology got better and has now restored vision to millions of people across the world. ... Personally, my mom is my hero. As a physician herself, she initially matched into ophthalmology, but decided she wanted something more challenging and had a

brilliant career as an endocrinologist. She is the reason why I chose my career path so that someday I could be as fractionally good, as a clinician and as a person, as her.

What's your favorite movie? Still a toss-up between *The Godfather II* and *Gladiator*.

Transitioning Fellows and PGY4 – Don't Lose Your Membership

ASCRS Can Transform Your Career

The next few months are a time of transition for young eye surgeons, with PGY4 residents moving into fellowships or practice and surgeons in their first 5 years of practice becoming eligible for full-fledged ASCRS membership.

Maintaining your involvement and membership with **ASCRS can be transformative** for your career. Since its founding in 1974, ASCRS has been at the forefront of anterior segment surgery and remains the largest U.S. society focused on the specific needs and interests of cataract, refractive, cornea, and glaucoma surgeons.

Expand your network, connect with leaders in the field, and establish your career in ophthalmology on the solid foundation that ASCRS offers with year-round educational opportunities, advocacy efforts, and philanthropic endeavors.

Act now to maintain your membership by updating your training status, if needed, from resident to fellow or from resident/fellow to practicing physician.

- Fellows, complete [this form](#).
- Physicians entering your first year of practice, complete [this form](#).

[Maintain your ASCRS membership today!](#)

2024 ASCRS Annual Meeting Call for Submissions

Looking for an opportunity to present your research or technique in the field of ophthalmology? ASCRS is now [accepting submissions](#) for the [2024 ASCRS Annual Meeting](#), taking place April 5–8 in Boston, Massachusetts!

Submission Dates

July 24–October 9, 2023: Instructional courses, papers, films, posters

October 16, 2023–February 8, 2024: Digital photographs

Visit the [Call for Submissions webpage](#) for more information about the submission process.

The 2023 ASCRS Annual Meeting was full of amazing highlights—2024 in historic Boston will be even better! See the 2023 highlights video below and [submit your abstract](#) to get involved.



Boot Scoot and Donate

Step up and give the [gift of sight with a donation](#) to the ASCRS Foundation. Inspired by the ASCRS Summer Meeting, taking place this weekend in Nashville, Tennessee, each donation to the Foundation between now and Sunday, August 11 will be an entry into a drawing for a pair of handcrafted Western boots!

Dozens of patients are [waiting for life-changing cataract surgery](#) that they cannot afford on their own. With your donation and the work of volunteers, the ASCRS Foundation helps these individuals regain their sight and their independence.

[Donate here!](#)

ASCRS Foundation 2024 Young Eye Surgeon International Service Grant Applications Open August 15

The [Young Eye Surgeons International Service Grant](#) was created to inspire young eye surgeons to become involved with global eyecare on a long-term basis. The grant affords the opportunity to participate in healthcare systems, including teaching institutions and community programs, in developing countries.

Working with the [ASCRS Foundation](#) and its international partners, recipients will develop a customized international volunteer plan that provides the opportunity for a young eye surgeon to learn first-hand the intricacies behind global eyecare efforts.

Save the Date! The ASCRS Foundation will be accepting grant applications for the 2024 Young Eye Surgeons International Service Grant **August 15 - September 25**. To learn more about this grant and to apply, click [here](#).

Take Advantage of These Educational Opportunities with ASCRS

- **[YES Connect webinars](#)**: These hour-long, binge-worthy webinars include YES members and experts discussing topics such as interviewing for your first job, the basics of billing, working with industry, clinical research in private practice, ASCRS advocacy efforts, and more!
- **[Ophthalmology Quicksand Chronicles Eureka Moments Podcast](#)**: Watch or listen to the episode 3 of OQC—Eureka Moments! “[Sticky Situation...No Problem!!](#)” hosted by Nicole Fram, MD, and Elizabeth Yeu, MD, features expert Steven Safran, MD, as a guest. Don't forget to subscribe to the [ASCRS YouTube](#) channel or your favorite listening platform for future updates about new episodes!
- **[ASCRS Grand Rounds](#)**: The [latest Grand Round episode](#) is now available presented by Dean McGee Eye Institute.
- **[ASCRS New Webinar on Retina](#)**: The ASCRS Retina Clinical Committee and the Challenging/Complicated Cataract Surgery Subcommittee collaborated to produce an [informative discussion on complex cataract cases](#) with retina pathology or history of retina surgery.

Helpful Links and Resources:

[ASCRS YES Membership](#)

[ASCRS YES Education](#)

[ASCRS Clinical Education](#)

[ASCRS Online Tools](#)

Official YES Hashtag: #ASCRSYES

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