



YES Newsletter—February

Get to know your YES Clinical Committee Member: Neda Nikpoor, MD

Instagram: [@drnedanikpoor](#)

Do you have an OR quirk? I always listen to classical/calming music. Buddy Culbertson (one of our cornea attendings) taught me that there's a study that found that calming music reduces complication rates in surgery. Also, I find it helps to reduce patient anxiety in surgery.

How do you unwind after a stressful day? A nice long yoga or surf session.

If you could only eat one food for the rest of your life what would it be? Cold vermicelli tofu (Vietnamese dish called BUN)

What is the most unique place you've traveled/visited? This one is so hard to answer! My family is from Iran, and we used to go to every summer. Unfortunately, because of the political situation, not many Americans have traveled there, so I guess that makes it unique.

Who is your hero – in ophthalmology or personally? There are so many to choose from! I really admire Vance Thompson, MD, for showing everyone he meets so much kindness and love. He's created such an amazing culture at Vance Thompson Vision, and he makes people feel so special and cared for.

What's your favorite movie? I'm not a huge movie buff. Fun fact: I haven't owned a TV for the last decade!



Register Now for 2023 Annual Meeting

Registration for the [2023 ASCRS Annual Meeting](#), May 5–8, in San Diego, California, is still open with YES members eligible for [complimentary/discounted registration!](#)

ASCRS hosts a full day of YES skills transfer labs, a dedicated day of YES programming, and networking unique for the YES audience. Find more information about these opportunities on the [YES webpage](#) and broader program info in the [ASCRS Annual Meeting Preview Program](#).

[Register now](#) and start planning your trip!



YES Skills Transfer Labs
FRIDAY, MAY 5



YES Connect Dinners with Industry
FRIDAY, MAY 6, & SATURDAY, MAY 6



YES Networking Luncheon
SATURDAY, MAY 6



YES Programming
SATURDAY, MAY 6



YES-Sponsored Happy Hour
SUNDAY, MAY 7

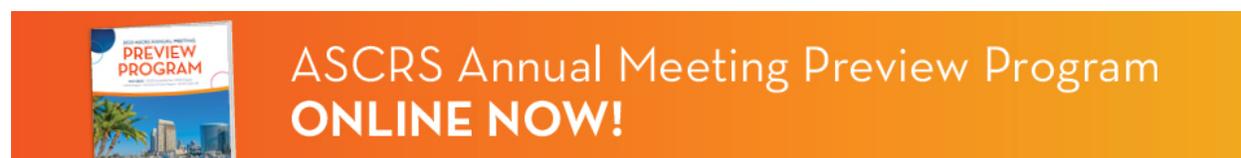


YES Mentor Meetups
SUNDAY AND MONDAY, MAY 7-8

YES Connect Dinners with Industry—Register Here!

Learn about the benefits of your ASCRS membership, the ins and outs of working with industry, work-life balance, leadership skills, and more at the upcoming [YES Connect Dinners with Industry](#) at the ASCRS Annual Meeting.

These complimentary events, featuring a cocktail hour and a seated dinner, will take place Friday and Saturday from 6:00–8:00 p.m., but space is limited! [Reserve your space now!](#)



Take Advantage of These Educational Opportunities with ASCRS

- **[YES Connect webinars](#)**: These hour-long, binge-worthy webinars include YES members and experts discussing various topics, like interviews, social media, mentorship, and more! Watch the newest webinar—[Corneal Topography Devices](#).
- **[ASCRS Grand Rounds](#)**: Watch the [latest virtual grand rounds](#) presented by Emory Eye Center. This activity is approved for 1.0 *AMA PRA Category 1 Credit*™.
- **[Ophthalmology Quicksand Chronicles](#)**: Watch the latest episode of this ASCRS podcast—“[Minimize the Moving Lens!](#)”—featuring guest David Chang, MD, and hosts Nicole Fram, MD, and Elizabeth Yeu, MD. Also, stay tuned for the first episode of Season 3—*Quicksand Chronicles Eureka Moments!*—coming soon. This new season will be offered as a video and audio podcast. *Eureka Moments* takes a spin on *Ophthalmology Quicksand Chronicles* to showcase the techniques and pearls learned and implemented after the quicksand moment.

Congratulations to the 2023 YES International Grant Recipients!

The [Young Eye Surgeons International Service \(YIS\) 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 get to 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.

2023 Grant Recipients

- Kanika Agarwal, MD
- Sila Bal, MD, MPH
- Julius Oatts, MD
- Nakul Shekhawat, MD, MPH
- Michelle Sun, MD, MPH

Helpful Links and Resources

[ASCRS YES Membership](#)

[ASCRS YES Education](#)

[ASCRS Clinical Education](#)

[ASCRS Online Tools](#)

Official YES Hashtag: #ASCRSYES

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 ASCRS APP



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