



YES Newsletter— July 2022

Get to know your YES Clinical Committee Member: Allison Jarstad, DO

Instagram: @ajarstad

Do you have an OR quirk? I love listening to upbeat music in the OR. I like to mix it up with anything from Taylor Swift to Glass Animals or Louis the Child. I've also been wearing the same leopard print Dansko scrub shoes since I was a medical student, and they are just beginning to fall apart. I really encourage any of you young readers to invest in a pair; they will last forever, or in my case 13+ years).



How do you unwind after a stressful day? I have been one of those crazy long-distance runners my entire life, so the best feeling is finishing early and going for a run in the sunshine. I also like to socialize with my friends over coffee or a meal (especially if we get to work out together first!).

If you could only eat one food for the rest of your life what would it be? Pizza ... it's my love language!

What is the most unique place you've traveled/visited? I have traveled a lot throughout the years. I think Norway is one of the most beautiful places on this planet.

Who is your hero? I have so many it is hard to choose just one. I look up to Dr. Bob Weisenthal (my cornea and refractive mentor at SUNY Upstate where I did my residency) as well as Dr. Marjan Farid and Dr. Sam Garg at UC Irvine. They have all taught me so much about ophthalmology, but they are also amazing humans who have been examples of generosity and treating others with respect and love.

What's your favorite movie? I don't watch a lot of movies (I usually fall asleep within 15 minutes), but I am a doctor who grew up in Seattle, so I will watch *Grey's Anatomy* any day of the week.

Come to the Summer Meeting—Wet Labs Included!

Special Hotel Offer for Residents and Fellows

Registration for the [ASCRS Summer Meeting](#) in Nashville, Tennessee (aka “Music City”) has been extended—as has ASCRS’ offer to cover the hotel stay for residents and fellows!

With this offer and discounted registration for residents, fellows, and surgeons in their first 5 years of practice, ASCRS is committed to making enhanced education for the next generation of ophthalmologists as accessible as possible.

[Register now](#) for an unbeatable educational experience, hands-on wet labs (included with registration), connection among faculty and peers, and more, taking place August 19–21.

There will also be a networking lunch for YES attendees Friday afternoon and the Denim & Diamonds Welcome Reception Saturday night!

[Learn more about the meeting](#) and [register](#) for this unique opportunity today!



ASCRS SUMMER MEETING
A Taste of ASCRS



2023 Young Eye Surgeon International Service Grant

Applications for the ASCRS Foundation’s [Young Eye Surgeon International Service Grant](#) are now being accepted!

This grant was created to inspire young eye surgeons to become involved with global eyecare on a long-term basis. It 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 develop and implement a customized international volunteer plan that provides the opportunity to learn first-hand the intricacies behind global eyecare efforts.

The 2023 grant application is now open through September 8, 2022. [Click here](#) to learn more or to apply today!

Binge-Worthy ... Webinars!

Are you watching the [YES Connect Webinars](#)? These hour-long, binge-worthy webinars include YES members and experts discussing a variety of topics, like interviews, social media, mentorship, and more!

The [latest installment in this webinar series](#) is now live, covering the topic of global fellowship and international outreach. There has been an increase in global

ophthalmology fellowship programs in recent years, and a strong need for sustained international outreach continues.

Listen to faculty Soroosh Behshad, MD, Allison Jarstad, DO, and Russell Swan, MD, discuss the importance of this topic along with their extensive experience in this area.

Catch up on other YES Connect webinars like “[Social Media in Ophthalmology](#),” “[Things I Wish I knew Before Taking My First Job](#),” and all the YES Connect webinars [here](#).

Educational and Networking Opportunities with ASCRS

Ophthalmology Quicksand Chronicles Podcast: [Episode 3](#), of the popular [Ophthalmology Quicksand Chronicles](#) podcast, is now live! [This installment](#) in Season 2 features Mitchell Weikert, MD, who showcases a complicated cataract surgery case—a patient with a mature cataract, prior pars plana vitrectomy, deep chamber, and 4–5 clock hours of zonular weakness. All season 2 episodes are eligible for CME credit. [Season 1](#) archived episodes and [Season 2](#) episodes are available on the [ASCRS website](#) (log in with your ASCRS ID to view).

Beyond 20/20: An ASCRS Series in Modern Refractive Surgery and Presbyopia Therapy: [Beyond 20/20](#) is an ASCRS series sponsored by the Refractive Surgery Clinical Committee and is now available fully on-demand as a four-module CME program. This series presents a deeper dive into new and established refractive surgery techniques and tools, including laser corneal refractive procedures, pharmaceutical presbyopia therapy, phakic IOLs and refractive lens exchange, and more. [Learn more](#) about the series and [register](#). *Registration is complimentary for U.S. and international residents and U.S. fellows.*

ASCRS Grand Rounds: The latest Grand Rounds presented by the University of California, San Diego, Shiley Eye Institute, is now available for [viewing](#). Stay tuned for the next edition of Grand Rounds this September. Find past recordings [here](#).

Helpful Links and Resources:

[ASCRS YES Membership](#)

[ASCRS Clinical Education](#)

[ASCRS Online Tools](#)

[ASCRS Summer Meeting](#)

Official YES Hashtag: #ASCRSYES