



YES Newsletter— April

Get to know your YES Clinical Committee Member: Cristos Ifantides, MD

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Do you have an OR quirk? I wear shoes when I operate. After seeing some of my mentors keep their shoes on while operating, I decided to give it a shot and I loved it. I now wear thin soled shoes when I operate, and I love not getting my socks wet or dirty on OR days.

How do you unwind after a stressful day? I like to do a 5-10 minute stretching routine that has done wonders for my back.

If you could only eat one food for the rest of your life what would it be? I'm biased, but definitely Greek food! I love how Greek food emphasizes freshness and quality in rustic recipes instead of fancy recipes where you can't see the ingredients.

The food is meant to be eaten family-style rather than in formal multiple courses and creates an atmosphere of sharing and discussion that starts with the food and trails off into great conversation.



What is the most unique place you've traveled/visited? Ethiopia. I spent time during my Wills Eye Academic global ophthalmology fellowship in different parts of the country. Ethiopia is where the story of humans first started. It has given the world many gifts, including coffee! It is an ancient country with some of the nicest people you'll ever meet and some of the most beautiful landscapes you'll ever see.

Who is your hero – in ophthalmology or personally? In ophthalmology, my main heroes are Vance Thompson, MD, Steve Petty, MD, and John Cropsey, MD. Despite being some of the best ophthalmologists in the world, they remain very humble and still view a patient's trust as an amazing gift. I look up to them for their value system and how they treat people.

What's your favorite movie? *Saving Private Ryan* and *21 Jump Street*. Ja feel?

Upcoming Events at ASCRS

Registration for the [2023 ASCRS Annual Meeting](#), May 5–8, in San Diego, California, is still open. YES members receive *complimentary/discounted registration* and can look forward to a wealth of [customized educational and networking opportunities](#).

ASCRS hosts various YES Skills Transfer Labs and a dedicated day of YES programming and networking unique for the YES audience.

Skills Transfer Labs are also heavily discounted for attendees. Be sure to register for the ASCRS Annual Meeting [here](#) and add on a lab experience.

Already registered? To add a Skills Transfer Lab to your schedule, [click here](#), login with your badge # and email address. From there, click the orange “Upgrade” button and follow the prompts to upgrade and add a Skills Transfer Lab experience.

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

Register Now for an Industry Sponsored Happy Hour and Booth Tours at ASCRS!

ASCRS invites all YES attendees to attend industry booth tours in the ASCRS Exhibit Hall and an industry-sponsored Happy Hour in the ASCRS Tap Room on Sunday, May 7, 4:00–5:00 p.m.

This is an excellent opportunity to network among your peers and connect with industry representatives. Register now!

YoungMD > Connect

Start your day with Young MD Connect mentorship ahead of hands-on learning at the ASCRS Skills Transfer Labs.

YMDC Breakfast Mentoring Event

Friday, May 5th | 7:00–8:00 a.m.

Hard Rock Hotel Rooftop

San Diego

[Register Now](#)



MAKE WAVES
at the  **ASCRS Annual Meeting**

REGISTER NOW!

YES on the ASCRS App

Did you know that the [ASCRS App](#) has a forum specifically for YES members? Start a new thread with your questions/observations/cool cases or join an existing thread to Continue the

Conversation on one of the recent YES Connect webinars! This forum is the perfect place to make connections with fellow YES members.

Start a new thread by clicking the + (plus) button at the top of the ASCRS YES (Young Eye Surgeons) Forum. Click reply to add your thoughts to existing threads and be sure to “follow” a thread that you’re especially interested in to make sure you get notifications for new posts.



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 latest webinar to hear about the importance of ASCRS Advocacy and how young eye surgeons can stay involved—[ASCRS Advocacy - Get In the Game](#). Continue the conversation on this webinar in the YES Forum on the ASCRS App.
- **Ophthalmology Quicksand Chronicles Eureka Moments Podcast:** Watch or listen to the [second episode of Season 3 of OQC](#), Eureka Moments! hosted by Nicole Fram, MD, and Elizabeth Yeu, MD, and featuring guest, Priya Narang, MD. Don't forget to subscribe to the [ASCRS YouTube](#) channel or your favorite listening platform for future updates about new episodes! OQC will also be live at the Annual Meeting in the ASCRS Tap Room on Sunday, May 7, from 2:30–3:00 p.m. Don't miss out on this [exciting event!](#)

Becoming Board Certified: Establishing Yourself as a New Eye Surgeon

Certification by the American Board of Ophthalmology (ABO) is a voluntary professional credential based on standards set by ophthalmologists. Patients, employers, and insurers consider ABO certification to represent essential knowledge, skills, and experience in ophthalmology.

When transitioning into fellowship or practice, the ABO invites you to join its community of 22,500 diplomates. Becoming certified is an independent assessment of clinical knowledge, starting with a 250-question multiple-choice written examination followed by a 42-case oral examination. Exam dates and details are posted on the [ABO website](#), and Kathryn Hatch, MD, is the official liaison at ASCRS for ABO-related questions.

If you have any questions about becoming certified or taking examinations in 2023, contact Gabe Watkins, Certification Experience Coordinator, at g Watkins@abop.org or 610-664-1175 ext. 820. For recertification support, contact Amy Savastano, Continuing Certification Program Manager, at cc@abop.org or 610-664-1175 ext. 804.

The ABO will have an information booth located in Ballroom 6 lobby at the ASCRS Annual Meeting in May, where you can meet Mr. Watkins, learn more about board certification and the process, and about other opportunities for ABO diplomates.

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Helpful Links and Resources:

[ASCRS YES Membership](#)

[ASCRS YES Education](#)

[ASCRS Clinical Education](#)

[ASCRS Online Tools](#)

Official YES Hashtag: #ASCRSYES

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