



YES Newsletter— March

Get to know your YES Clinical Committee Member: Amenze Osa, MD

Instagram: [@osa.eye.md](https://www.instagram.com/osa.eye.md)

Do you have an OR quirk, something you always do, wear, listen to? I usually listen to at least one Beyonce song on the way to the OR, and I sing in the OR—usually 80s, 90s, and now, or some random playlist. I pray while scrubbing before each case.

How do you unwind after a stressful day? I play with my daughter Ofy before her bed time, and I take a hot shower with some eucalyptus shower spray (get into it!). I also do evening Peloton rides or classes, or we take family walks.

If you could only eat one food for the rest of your life what would it be? Nigerian rice and vegetable stew with plantains. Delicious and reminds me of home.

What is the most unique place you've traveled/visited? I've been to a lot of places and countries, but I think my trip to Tanzania and Zanzibar was my most unique trip thus far. Going on luxury safaris and hot air balloon safari tours, hiking Mount Kilimanjaro, unwinding at unique spa experiences, visiting the Masai people, and dancing, eating, and enjoying a different culture with good people is just priceless.

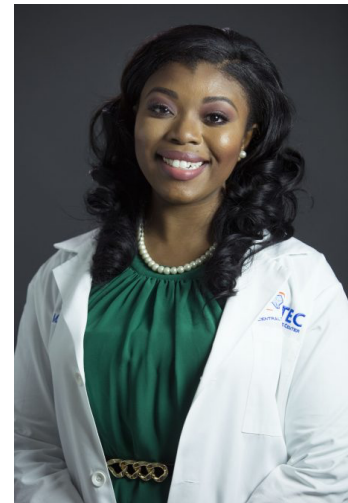
Who is your hero – in ophthalmology or personally? My ophthalmology heroes are Gloria Fleming, MD, and Tosin Smith, MD. I would not be where I am career-wise without their support. My general hero is my mother Opral Osa. She is a nurse and was the first person to peak my interest in medicine. She has been my rock, professionally and personally, and I love her dearly.

What's your favorite movie? *Remember the Titans*. It's funny, tear-jerker, inspirational. It was a cinematic classic that left a young Amenze aspiring for a better world and still does. Also, *Grease* because I just love to sing the songs.

Register Now for 2023 Annual Meeting

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 YES Skills Transfer Labs, a dedicated day of YES programming, and several unique networking opportunities for the YES audience.



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

Also, remember to [reserve your seat](#) for one of the YES Connect dinners taking place on Friday, May 5, or Saturday, May 6. These complimentary evening events feature a cocktail hour and a seated dinner.

ASCRS FUN FACT: Did you know 25% of registered attendees of the Annual Meeting are YES members? Hope you're among them! If not, register now!

Upgrade Your ASCRS 2023 Experience With Hands-On Labs

Some timeslots for YES Skills Transfer Labs at the [ASCRS Annual Meeting](#) are filling up. Be sure to include a hands-on lab experience when registering or add it to your existing registration.

Friday, May 5 features a full day of YES Skills Labs in four areas: Phaco Lab, Anterior Segment Lab, DMEK/DSAEK Lab, and (*new!*) DALK Lab. Find a quick overview of the YES Skills Transfer Lab offerings [here](#).

Registration for the [ASCRS Annual Meeting](#) is complimentary for U.S. and international residents and U.S. fellows. It is discounted for physicians within their first 5 years of practice. YES Skills Transfer Labs are 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.

YES SKILLS TRANSFER LABS

Start Time	End Time	Lab Number	Lab Name
9:00 AM	10:00 AM	YES STL-1	Phaco Lab
10:30 AM	11:30 AM	YES STL-2	Phaco Lab
1:00 PM	2:00 PM	YES STL-3	Phaco Lab
2:30 PM	3:30 PM	YES STL-4	Phaco Lab
9:00 AM	10:00 AM	YES STL-5	Anterior Segment Surgery Lab
10:30 AM	11:30 AM	YES STL-6	Anterior Segment Surgery Lab
1:00 PM	2:00 PM	YES STL-7	Anterior Segment Surgery Lab
2:30 PM	3:30 PM	YES STL-8	Anterior Segment Surgery Lab
9:00 AM	11:00 AM	YES STL-9	DMEK/DSAEK
1:30 PM	3:30 PM	YES STL-10	DMEK/DSAEK
11:30 AM	1:00 PM	YES STL-11	DALK



FULL FULL

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 such as interviewing for a job, social

media, mentorship, private equity, clinical research and more! Watch the latest webinar—[Mastering Modern Biometry Devices: Pearls and How Tos](#).

- [ASCRS Grand Rounds](#): Watch the [latest virtual grand rounds](#) presented by Illinois Eye and Ear Infirmary. This activity is approved for 1.0 *AMA PRA Category 1 Credit*™.
- [Ophthalmology Quicksand Chronicles podcast](#): Watch the first episode of Season 3 *OQC: Eureka Moments!* This episode, [Get Creative with the Capsule!](#), features podcast hosts Nicole Fram, MD, and Elizabeth Yeu, MD, who discuss how to safely manage compromised capsular bags and still achieve patients' desired visual outcomes. *OQC: Eureka Moments* is produced as a podcast and webcast filled with enlightening soundbites that allow surgeons to “come out of the dark,” and prevent a quicksand moment from happening! Subscribe on [YouTube](#) or your favorite listening platform for future updates about new episodes.



A Message from the American Board of Ophthalmology: Becoming Board Certified

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 gwatkins@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 outside room 6B 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.

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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The banner features a blue background. On the left, the text 'ASCRS SIMPLIFIED with the' is in a smaller font, followed by 'ASCRS APP' in a large, bold, white font. In the center, a smartphone is shown displaying the app's interface, which includes the ASCRS logo and the text 'ASCRS THIS WEEK'. On the right, a dark blue rounded rectangle contains the white text 'DOWNLOAD NOW'.