



YES Newsletter—January

Get to know your YES Clinical Committee Member: Beeran Meghpara, MD

Instagram: [bmeghpara](#)

Do you have an OR quirk? I can't stand wearing bouffant caps. There was a time when we had supply chain issues and couldn't get the blue scrub caps that tie in the back. Those were a rough few months. I also have a dedicated set of OR socks all with interesting patterns and definitely no holes!

How do you unwind after a stressful day? A glass of wine ... or two.

If you could only eat one food for the rest of your life what would it be? Hands down Chicago deep dish pizza. Specifically, the original Uno Pizzeria on the corner of Ohio and Wabash. Rumor has it they have been using the same perfectly seasoned cast iron pans for decades.



What is the most unique place you've traveled/visited? Pamalican Island in the Philippines. The scenery was spectacular, but the most unique thing about it was this tiny island (1.5 miles at its largest diameter) has a runway to accommodate a small plane, which is the only way to reach it.

What's your favorite movie? *Gladiator*

Who is your hero – in ophthalmology or personally? I've been inspired by many, but I would have to say my dad's story is special. He, like many immigrants, came to this country from India about 45 years ago with nothing besides his education. He started working as a pharmacist, just scraping by at first, but eventually built a stable life for our family. However, after about 15 years, he decided he wanted more, so he decided to basically start over, go to medical school, eventually became an ophthalmologist, and opened his own practice.

Registration Is Now Open for the 2023 Annual Meeting

Registration for the [2023 ASCRS Annual Meeting](https://annualmeeting.ascrs.org), May 5–8, in San Diego, California, is now 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 programming and networking unique for the YES audience. Register now and start planning your trip!



MAKE WAVES
at the  ASCRS Annual Meeting

REGISTER NOW!

[link to <https://annualmeeting.ascrs.org>]

Step Up to the Podium at the ASCRS Annual Meeting

The YES Clinical Committee is seeking videos of complex cases or OR complications from presenters, including residents and fellows for its YES Good to Great Surgeon: Working Through Complications Symposium, taking place at the ASCRS Annual Meeting.

During the session, a panel of surgeons will provide guidance for these complicated cases. Submissions are open until Feb 1, 2023.

[LEARN MORE AND SUBMIT YOUR CASE HERE.](#)

Now Accepting 2023 Resident Excellence Award Nominations

ASCRS was founded by young, enterprising ophthalmologists (like you), and the ASCRS Foundation's Resident Excellence Awards carry on and honor that tradition.

The ASCRS Foundation makes 10 awards to enable ophthalmology residents exhibiting exemplary performance to attend the ASCRS Annual Meeting. The categories for consideration include research, patient care, leadership, and education. Recipients receive a travel grant, four nights' accommodation, complimentary meeting registration, and invitations to select leadership and social events. If you're interested in applying or would like to nominate a deserving resident, please [CLICK HERE](#) and complete the application by **January 13**.

For questions or more information, please visit the Foundation's [website](#) or email Megan Odell, associate director at ASCRS Foundation, at modell@ascrs.org.

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—[Clinical Research in Private Practice](#).
- **[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](#)**: Watch the latest episode of this ASCRS podcast—“Do as I say, Not as I’ve done: Yamane Pearls and Mishaps!”—featuring guest and YES Clinical Committee member Kourtney Houser, MD, and the podcast hosts Nicole Fram, MD, and Elizabeth Yeu, MD. This activity is approved for .75 *AMA PRA Category 1 Credit*™. Stay tuned for the final episode of Season 2 featuring David Chang, MD and hear more about the new season 3, “*Ophthalmology Quicksand Chronicles: Eureka Moments!*”

Helpful Links and Resources:

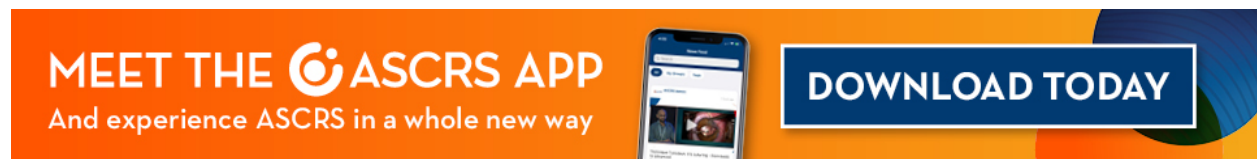
[ASCRS YES Membership](#)

[ASCRS YES Education](#)

[ASCRS Clinical Education](#)

[ASCRS Online Tools](#)

Official YES Hashtag: #ASCRSYES

A promotional banner for the ASCRS app. The background is orange with a blue and green circular graphic on the right. On the left, the text reads "MEET THE ASCRS APP" in large white letters, with "And experience ASCRS in a whole new way" in smaller white text below it. In the center is a smartphone displaying the app's interface. On the right, a white rectangular button with a blue border contains the text "DOWNLOAD TODAY" in blue capital letters.

MEET THE ASCRS APP
And experience ASCRS in a whole new way

DOWNLOAD TODAY

[link to <https://ascrs.org/membership/ascrs-app>]