

I am applying for the Heed Resident Retreat because I am deeply committed to pursuing a career in academic ophthalmology grounded in clinical excellence, education, research, and leadership. The mission of the Heed Foundation is to support the development of future leaders in ophthalmology, which closely aligns with my long-term goals. I view this opportunity as an important step in shaping my career trajectory as an aspiring physician-leader.

Over the past three years, ophthalmology has taught me that the eye is not only an organ of vision, but also a window into systemic disease. I have personally witnessed that through attention to detail, pattern recognition, and subtle asymmetry, ophthalmologists can be the first to diagnose conditions far beyond the eye itself, including myasthenia gravis, thyroid eye disease, invasive squamous cell carcinoma, and even acute myeloid leukemia. Like Sherlock Holmes, whose insight lies in recognizing what others overlook, I have come to value observation, critical thinking, and diagnostic precision as foundational to excellent ophthalmic care.

These experiences have solidified my commitment to academic medicine. As a graduate of the Leadership in Medicine program in NY, I have developed an early mindset that through systems-based thinking, innovation, and advocacy, ophthalmologists can really shape the future of eye care. In my roles as the ophthalmology liaison for the Tufts Resident Leadership Council, an executive YO officer for the Massachusetts Society of Eye Physicians and Surgeons, and Massachusetts Advocacy Ambassador at the American Academy of Ophthalmology's Mid-Year Forum, I have worked to represent trainee perspectives and contribute to discussions surrounding healthcare delivery, access, and policy. I am particularly motivated to continue shaping health policy and improving access to ophthalmologic care on both a national and global level.

Clinically, I am drawn to both cataract surgery and oculofacial plastic surgery for their ability to restore vision, function, and quality of life. I am especially interested in eyelid lesions and periocular disease, where early diagnosis and precise surgical management can significantly influence outcomes. While my research interests are evolving, my current projects focus on quality improvement of ophthalmic education to internal medicine trainees, cataract surgical sustainability, diagnostic accuracy of eyelid margin lesions, and optimizing surgeon ergonomics. My long-term goal is to contribute to evidence-based advancements in ophthalmology.

I am equally passionate about medical education. As a former artist, I have always been drawn to the parallels between art and medicine. I am interested in developing innovative teaching approaches that enhance clinical observation and surgical planning, drawing from visual analysis and the arts. For example, my team and I recently designed a 2-hour clinical workshop at the Museum of Fine Arts in Boston to educate ophthalmologists on the intersections between art and ophthalmology. In addition, I am currently designing a teaching session to train internal medicine residents on common urgent and non-urgent ophthalmic presentations to triage care and collaboration between the departments. In doing so, I aim to contribute to a culture of education that values both technical excellence, visual literacy, and inter-departmental teamwork.

In the future, I see myself as an academic ophthalmologist dedicated to surgical excellence, education, research, and leadership in healthcare systems and policy. My long-term goals also include engagement in

global ophthalmology through sustainable, collaborative efforts to expand access to eye care. The Heed Resident Retreat offers a unique opportunity to learn from leaders who have successfully integrated clinical care, research, education, and advocacy into impactful careers. I am eager to engage with this community, gain mentorship, and further refine my path within academic ophthalmology. Being selected as a Heed Resident Fellow would provide a meaningful foundation for achieving my goals and contributing to the future of the field.