

April 23<sup>rd</sup>, 2026

The Heed Ophthalmic Foundation  
655 Beach Street  
San Francisco, CA 94109

Nominee: Naveen Karthik, MD

**Dear Heed Ophthalmic Foundation,**

It is with great enthusiasm that I nominate **Dr. Naveen Karthik** for the 2026 Heed Ophthalmic Foundation Resident Retreat. Naveen has demonstrated outstanding performance throughout his residency, excelling in medical education, leadership, research, community engagement, and patient care. He aspires to a career as a retinal specialist in academic ophthalmology.

Naveen has shown a deep commitment to medical education. He was selected for the Duke Medical Education Leadership Track (MELT) as a junior resident and actively applies these skills to mentor junior colleagues in clinical and on-call settings. Due to his unwavering commitment to education and excellent leadership skills, our residency program has selected him as a co-chief resident for the upcoming 2026-2027 academic year. We are confident that Naveen will have a lasting impact on educating trainees as an academic ophthalmologist.

Naveen has also demonstrated exceptional aptitude in research. He joined our residency with a unique interest in retinal imaging research. He has worked closely with our faculty, including Drs. Sharon Fekrat and Dr. Dilraj Grewal, on projects involving clinical and imaging outcomes for patients with retinal and uveitic conditions. He has also excelled at health services research and has collaborated with Dr. Jullia Rosdahl on patient education projects. Naveen has represented our program at several national conferences for both podium and poster presentations. He has also published several high-quality papers. He is a very productive researcher and will make invaluable contributions to progressing our field.

Beyond academic and clinical achievements, Naveen is committed to community outreach and advocacy. He recently attended the AAO Mid-Year Forum to advocate for our profession on Capitol Hill. Locally, he participated in the Duke Girl Scouts Vision Symposium, where he helped educate local high school students about eye health and

inspired interest in ophthalmology. He also helped facilitate a pig eye dissection workshop for our Duke medical students to teach eye anatomy.

Dr. Karthik exemplifies the qualities of a compassionate physician, a dedicated educator, and a visionary researcher. He will be an excellent academic ophthalmologist and leader in our field. I recommend him to attend the Heed Resident Retreat in recognition of his exceptional contributions to our residency program and the broader community.

Warm regards,



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