



Ophthalmology & Vision Sciences
UNIVERSITY OF TORONTO

April 28, 2026

Association of University Professors of Ophthalmology
655 Beach Street
San Francisco, CA 94109

RE: Dr. Arshia Eshtiaghi

Dear Members of the Heed Foundation Selection Committee,

It is our pleasure to provide this letter of support for Dr. Arshia Eshtiaghi in his application to attend the Heed Ophthalmic Foundation Residents Retreat. We have had the opportunity to observe Dr. Eshtiaghi's development within the Department of Ophthalmology and Vision Sciences at the University of Toronto, and we can state without hesitation that he is an exceptional resident with remarkable academic, clinical, and scholarly achievements.

Dr. Eshtiaghi is currently a third-year ophthalmology resident who has consistently distinguished himself through outstanding performance and initiative. His academic foundation is exemplary, having completed a Bachelor of Health Sciences at McMaster University with a near-perfect GPA, followed by his Doctor of Medicine at the University of Toronto. His standardized examination results include top-tier USMLE and 98th percentile on his OKAP score.

What sets Dr. Eshtiaghi apart is the depth of his scholarly contributions. He has authored over thirty peer-reviewed publications and delivered more than thirty presentations at national and international conferences. His research includes randomized trials, meta-analyses, and large-scale systematic reviews, underscoring his ability to contribute meaningfully to evidence-based medicine.

Clinically, he is thoughtful, detail-oriented, and highly engaged in patient care. He approaches both clinical care and surgical training with maturity and insight beyond his level of training.

In addition to his academic and clinical accomplishments, Dr. Eshtiaghi has demonstrated strong leadership and service. He has contributed to the residency selection committee, served as a Canadian Medical Association Ambassador, and participated in outreach initiatives such as ORBIS Canada. His role supporting ophthalmic care for the Toronto Raptors further highlights his ability to apply his skills in diverse and high-performance environments.

Dr. Eshtiaghi's numerous honors include international research awards and institutional recognitions for academic excellence and leadership are a testament to his sustained commitment and impact. He combines intellectual curiosity with professionalism, humility, and a genuine dedication to advancing the field of ophthalmology.



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The Heed Residents Retreat is designed to foster the development of future leaders in ophthalmology, and Dr. Eshtiaghi is precisely the qualities this program seeks. We are confident that he will both benefit from and contribute meaningfully to this experience.

We give Dr. Eshtiaghi our strongest possible recommendation without reservation.

Please do not hesitate to contact us should you require any additional information.

Sincerely,

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