

April 24, 2026

Address

RE: **Henry Zhou, MD**, letter of support for Heed Ophthalmic Foundation Resident Retreat

Dear Review Committee:

As Chair of Ophthalmology at Harvard Medical School and Mass General Brigham, I am very pleased to recommend Henry Zhou, MD, to participate in the 2026 Heed Ophthalmic Foundation Resident Retreat. Dr. Zhou is a talented resident who was selected to serve as Director of Resident Academics and Director of the Ocular Trauma Service at Mass Eye and Ear following his graduation in 2026. In these vital roles, he will oversee one of the busiest ocular trauma centers in the country, serve as teacher and mentor to the department's cadre of 36 residents, and be a key member of the ophthalmology residency program leadership team and teaching faculty. I believe the Heed Retreat would be an invaluable opportunity as he continues to shape his career as an academic ophthalmologist.

The annual Heed Foundation Residents Retreat is an important experience for our trainees, and we are nominating two individuals: Drs. Zhou and Ryan (Sameen) Meshkin. Both candidates are equally deserving of this opportunity, and our department is fully committed to providing support for a second candidate, if selected.

Dr. Zhou graduated *magna cum laude* with distinction from the University of Pennsylvania, where he was a Vagelos Scholar in Molecular Life Sciences and completed both his Bachelor of Arts and a Master of Science in Chemistry. His early commitment to rigorous scientific training included four years of bench research and completion of a master's thesis in neurobiology. He went on to earn his MD from Columbia University Vagelos College of Physicians and Surgeons, where he was awarded a competitive NIH T-35 grant to conduct translational research on epilepsy biomarkers.

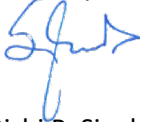
Throughout residency, Henry has demonstrated strong clinical judgment and excellent surgical skills and technical abilities. He is hardworking and a great team player who goes above and beyond to support his colleagues and all staff members. He has also contributed to departmental initiatives, including serving as Co-Chair of the 2024 Harvard Ophthalmology Paul A. Chandler Conference. Jennifer Lindsey, MD, MBA, Program Director for the Harvard Ophthalmology Residency Training Program, said: "Henry is an outstanding resident in every respect. He is an exceptionally skilled clinician and surgeon, who approaches every patient interaction with compassion. His commitment to academics has been evident since day one. He teaches and serves as a role model for junior residents with thoughtfulness and humility. He actively seeks feedback and acts on it, constantly pushing himself to learn and excel. I am thrilled to be able to work with him as he takes on the role of Director of Resident Academics and Chief of the Trauma service next year."

During residency, Dr. Zhou has contributed to a range of clinical and translational research projects, resulting in 14 peer-reviewed publications, including five as first author. His research has focused primarily on retinal disease and surgical outcomes, and he has demonstrated a willingness to take ownership of projects across all stages, from study design through manuscript preparation. In addition, he has pursued bench research on RNA-based therapeutics for retinal disease, supported by both internal and national grant funding.

Dr. Zhou is committed to a career in academic medicine and has been proactive in seeking mentorship and research collaboration opportunities across our faculty. His background and training have given him a solid foundation, and he is now at a stage where additional exposure to peers and mentors in the field would be particularly valuable as he considers how to shape his future career. The Heed Retreat would provide an ideal setting for this next phase of his professional development.

In summary, Dr. Zhou is a thoughtful clinician, skilled surgeon, and productive researcher. I believe he is well aligned with the goals of the Heed Foundation Residents Retreat, and I am pleased to recommend him fully and enthusiastically.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Rishi P. Singh'.

Rishi P. Singh, MD  
RPS/jja