



CSUupdate

Cornea Society University July 28, 2017

Latest cornea news from the Cornea Society

Introduction

Welcome to the tenth issue of CORNEA SOCIETY UNIVERSITY (CSU). This month's CSU VideoEd will focus on "Corneal infections." We will also feature an article on "Mentoring."

Mentoring

Ophthalmology is one of the most rapidly evolving fields of medicine in large part due to the willingness of ophthalmologists to embrace cutting-edge technology and change. (Read more)

Corneal Infections

Infectious keratitis is a common problem, and the incidence has increased over the last few decades. (Read more)

CSU Dinner: Friday, November 10, New Orleans

We are excited to announce a new dinner meeting developed by the Cornea Society Young Physician Task Force and sponsored by Cornea Society University (CSU). (Read more)



Full stories below

Mentoring

Ophthalmology is one of the most rapidly evolving fields of medicine in large part due to the willingness of ophthalmologists to embrace cutting-edge technology and change. One of the things I love most about ophthalmology is the collegiality. I learn through interactions with my senior partners, junior partners, fellows, residents, and medical students. I am surrounded by brilliant minds who ask difficult questions and challenge my way of thinking. It is incredibly important to foster the next generation of ophthalmologists to ensure the continued advancement of our field.

For this column, I interviewed two ophthalmologists I deeply respect who have mentored me throughout the years. **Elizabeth Yeu, MD**, is a partner at Virginia Eye Consultants, and **Christopher Starr, MD**, is an associate professor at Weill Cornell.



I first asked them why mentoring is so important. As you can see from their answers, there are benefits for both the mentor and mentee.

Dr. Yeu: I think it is our responsibility to “pay it forward,” as cliché as that may sound. Simply put, I would not be where I am today without wise counsel from my more experienced colleagues who have helped thus far in numerous respects, including my job search, managing the Mom and MD hats, and patient-related concerns. There are several people who I’m so appreciative of for the guidance they’ve generously offered me in my short 10-year career.

Dr. Starr: Mentoring the next generation advances all of us. Some of my most meaningful relationships are mentor/mentee relationships. I’ve learned a great deal from my mentees over the years. They help me grow as a physician, and I take pride in their successes. I have had many wonderful mentors throughout my career who have guided me along the way.

As trainees and young attendings, it is often difficult to find a true mentor who takes a real interest in your career. I asked Drs. Starr and Yeu for advice when looking for a mentor.

Dr. Yeu: Mentorship is invaluable, and I’ve looked up to and sought out advice from different people throughout the years for various reasons. We have dynamic needs and concerns throughout different stages of our lives, both professionally and personally. Thus, I would say that seeking out a mentor depends on what you are hoping to learn. Sometimes these bonds and relationships occur naturally, as it may be with a work colleague who you can talk to and seek advice from. I think connecting with others more formally, through an introduction via email or at a meeting, can also be effective. There are mentor/mentee opportunities through different groups that can help define such relationships, but it may simply start with asking a question and opening up that conversation. With that said, I know people who have directly asked me if it would be OK to email me as they have issues that they’d like to seek guidance on, which I’ve been happy to be able to do as well.

Dr. Starr: Finding the right mentor for you is the key to a lasting bond. You have to find the right fit. This may happen naturally in your training or through interactions at professional meetings, or you may need to seek out a mentor. Mentors do not need to be drawn only from those at your institution. Approach physicians whose career you respect and want to emulate and build a professional rapport.

On the flipside, I asked both physicians for advice for mentors. With so many competing obligations, it is often difficult to find the time to devote to a mentee.

Dr. Yeu: A formal mentor/mentee relationship requires a genuine interest from both parties to be able to actively make time and/or opportunities to create a valuable experience. For the mentee, it goes without saying that demonstrating an appreciation to your mentor will go a long way. It would be wise and practical to figure out what the best form of communication is. It may be getting a meal together, or texts or emails for quick questions. Conversely, for the mentor, it is an honor, and we need to be mindful of making the time to help out someone who is earnestly seeking advice.

Dr. Starr: I think it is important to limit the number of trainees and mentees you actively mentor at any given time. If you are over extended, you cannot spend the required amount of time to properly mentor. Find mentees you truly want to mentor. If you don’t feel a connection and don’t think you will be the best fit, be honest. It will be a disservice for both of you if the mentor/mentee relationship isn’t the right fit.

Mentoring the next generation is an incredible privilege. Ophthalmology is known for innovation and change, and our younger colleagues will continue to lead this charge. Take the

time to truly mentor students, residents, fellows, and younger colleagues. Their success and accomplishments will be your legacy.

CSU is meant to be an interactive platform where your questions and concerns are addressed. If you have a specific area or question you want us to concentrate on in future issues, please send an email to jessciralsky@gmail.com with the subject "CSU." Additionally, CSU is designed for all young cornea and anterior segment ophthalmologists, so if friends or colleagues want to be added to the listserv, please send an email to info@corneasociety.org.

Corneal Infections

Infectious keratitis is a common problem, and the incidence has increased over the last few decades. A study in 2010 estimated that 930,000 clinic visits and 58,000 emergency room visits occurred for keratitis or contact lens disorders in the U.S. annually. These patients cost an estimated \$175 million in direct healthcare expenditures and accounted for 250,000 hours of clinician time each year.¹ Properly treating keratitis is of utmost importance to prevent corneal scarring, corneal perforation, and loss of vision. In this [video](#), **Shahzad Mian, MD**, provides an "Update on Corneal Infections – Beyond Single Agent Therapy." Dr. Mian will discuss the incidence, risk factors, and treatments through several case presentations.

1. www.cdc.gov/mmwr/preview/mmwrhtml/mm6345a3.htm?s_cid=mm6345a3_e

CSU Dinner: Friday, November 10, New Orleans





We are excited to announce a new dinner meeting developed by the Cornea Society Young Physician Task Force and sponsored by Cornea Society University (CSU). This educational program will be geared toward young physicians. The next dinner will focus on new technology and incorporating it into your practice and will be held on Friday, November 10, in New Orleans from 5:30–7:30 p.m., immediately following the Cornea and Eye Banking Forum.



This new dinner series will provide young physicians with an opportunity to interact and network with colleagues, as well as learn more about professional development and practice building. Check your inbox for the invitation. We hope to see you there.