



# Ophthalmology

LEWIS KATZ SCHOOL OF MEDICINE AT TEMPLE UNIVERSITY DEPARTMENT OF OPHTHALMOLOGY NEWSLETTER

## MESSAGE FROM THE CHAIR

### The Importance of Physician Wellness

A couple weeks ago the faculty met for our annual program and resident evaluation. This is a national graduate medical education-mandated ritual that allows us to reflect on the accomplishments of the year that was, review coming changes to resident education, set goals for the coming year and identify things to watch. Among the data showing increased surgery volume and successes in fellowship match was new information about physician wellness.

When I was in private practice, I don't ever recall hearing about physician wellness. Perhaps it wasn't a hot issue in the mid-2000's, but I suspect that in the typical small environment that defines many ophthalmology practices, it is either ignored completely or simply taken for granted. That fact that this is such a hot topic in academic medicine suggests that something is wrong in academics, or that we swept a lot under the rug in the past.

In any case, both the residents and the faculty reported feeling wearier after work and needing more time to relax after work than the national average. As readers of this column know, the process of becoming and remaining a physician can be exhausting. These same readers also remember that Angela Duckworth has shown that effort is the critical piece that enables success.

How do you reconcile the immense effort needed to be a successful physician/small business owner with maintaining your sanity? If ophthalmology is going to define much of your waking time for the next 40 years, how can you remain enthusiastic? How can we at Temple Ophthalmology help the next generation begin this process?

While there are probably as many ways to combat burnout as there are people, I personally find four things help me remain excited about my career.

First, I have a couple hobbies and although I am largely an armchair golfer and fisherman and a hapless hockey player, those hobbies help.

Second, I am a teacher and there is nothing like teaching to keep you on your toes and help you feel like you are making a difference in the world.

Third, I try to celebrate patients' successes with them. "Enjoy your new eyeballs!" I like to say after cataract surgery, for instance.

And fourth, I work with some of the best people I could possibly imagine. It's this last element that I suspect is not so obvious to our residents who, after all, have a limited frame of reference.

I have no doubt that those of you in private practice know all about this. You know that surrounding yourself with the right people is as important to your success as your own effort. It's the same in my world too. Here at Temple Ophthalmology, I am lucky to be the head of a team of young, enthusiastic, bright faculty, staff and residents. Do they work hard? Darn right, they do. They care for some of the most vulnerable patients in Philadelphia with a smile and a real sense of making a difference in someone's life.

I think we are creating a bit of a work family. I love to hear the banter and laughter in the break room at lunch. I love the way

our employees choose to work in ophthalmology for years – or even decades. Does the day always end at 5:00? No, it doesn't, but it ends on time now more than it ever has and that is a testament to the work ethic and a desire to get better.



Does this atmosphere matter? Well, everyone tends to leave earlier, the patients wait less time than before and our patient satisfaction scores are among the best at Temple, so something seems to be helping. Beyond that, it's allowing us to figure out ways to improve the care we provide which I think makes work more interesting and fulfilling. It's a positive feedback loop.

Will this help our faculty, residents and staff, find meaning in work? I hope it does. Tom McGuane wrote "Good anglers should lead useful lives, and useful lives are marked by struggle, and difficulty, and even pain." Caring for, and learning to care for fellow humans is certainly that. Heck, my infrequent fishing trips are that, too – just ask my wife. But at the same time the White Coat Investor says the three secrets to happiness are "someone to love, something to do and something to look forward to." How true. I hope our Temple culture allows us to absorb the challenges of patient care and find the happiness that can sustain our career.

#### JEFFREY D. HENDERER, MD

Professor of Ophthalmology  
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#### SAVE THE DATE

The **8th Annual Temple Ophthalmology Alumni Conference** will be on Saturday October 5 this year. We are honored to have Dr. Dimitri Azar as our speaker. Invitations coming soon!

The **Temple Ophthalmology Alumni Reception at the AAO Annual meeting**, Sunday, October 13 at the San Francisco Hilton Union Square. More details to come!

## ALUMNI SPOTLIGHT

## Dr. Iftikhar Chaudhry, Resident 1997

Dr. Iftikhar Chaudhry is in private practice in the Philadelphia area and works part time as clinical adjunct faculty at Temple University. Iftikhar immigrated to the United States with his parents at the age of 6 and grew up in the Philadelphia area. He graduated from Central High School as class valedictorian, completed his undergraduate studies at Penn State, and went to medical school at Jefferson. He completed his ophthalmology residency at Temple in 1997. Iftikhar then completed a fellowship in glaucoma and anterior segment with the Ophthalmic Consultants of Boston. Subsequently, he became interested in refractive surgery. His current practice encompasses cataract, glaucoma, cornea, and refractive surgery.

Shortly after completing training, Iftikhar started his own private practice, which has steadily grown over the past 20 years. He currently lives and practices within the same five mile radius that he grew up in. The practice is now multi-subspecialty, with five ophthalmologists and six optometrists. Iftikhar also serves as Chairman of the Chaudhry-Farooq Medical Group, which includes IC Laser Eye Care, Suburban Eye Associates, Knights Medical Associates, Advanced Care Podiatry, Pennsylvania Foot and Ankle Associates, The Chaudhry Law Group and Consultants, Urogynecology and Female Medicine Associates, as well as the Pennsylvania Surgery and Laser Center.

Iftikhar's wife, Aisha, is a podiatrist who also has connections to Temple. She serves on the Temple University School of Podiatry's Board of Visitors and was inducted to Temple

University's Gallery of Success. They have four children, ages 24 to 4.

For nearly 20 years, Iftikhar has volunteered two weeks every year providing ophthalmic surgical care overseas in countries such as the Dominican Republic, Ecuador, and Pakistan. In this endeavor, he has worked closely with fellow Temple ophthalmology alumni, namely Dr. Al Alley, Dr. Cynthia Alley, Dr. Aaila Chaudhry, Dr. Dany Najjar, and Dr. Jeylan Mansoury. During this time, Iftikhar has performed more than 4,000 surgical cases abroad, and he currently focuses on performing penetrating keratoplasty in surgical eye camps. In 2005, Iftikhar and his parents founded and subsequently supported a K-10 school in Pakistan which provides education at highly subsidized rates in a remote area. The school's enrollment is approximately 300 children.

In addition to humanitarian work overseas, Iftikhar is deeply committed to non-profit work in the Philadelphia area. He has been alarmed by what he perceives to be the rising level of xenophobia and Islamophobia in particular. In 2011, Iftikhar led a group of community activists who sued Bensalem Township over discriminatory zoning practices that prevented the construction of a mosque. The United States Department of Justice, under the Obama administration and Attorney General Loretta Lynch, subsequently joined the lawsuit against the township. The case was widely featured in multiple news outlets, including the New York Times. Ultimately, the township settled the case, and the mosque's construction is moving forward.

In 2014, Iftikhar cofounded an organization that seeks to improve voter registration and turn-out among minority communities in Pennsylvania's first congressional



district, a highly contested swing district with far reaching political ramifications. In 2015, Iftikhar was increasingly worried about the challenges his own children were experiencing in school. He worked with friends to establish the Muslim Youth Center of Philadelphia to provide Muslim youth with a safe place to interact with peers, and to explore their faith and cultural identity. The organization also leads civic engagement efforts rooted in social justice, particularly to serve the Greater Philadelphia area.

Despite multiple engagements, Iftikhar still continues to be involved at Temple for a few reasons: He is deeply grateful to the department, its faculty and leadership for providing him with an excellent education. He views his current involvement as an opportunity to continue to learn and develop his skills as a physician and surgeon. He really appreciates Temple's institutional culture and ethos, reflected in the ophthalmology department, which emphasize inclusion, egalitarianism, hard work, service and self-discovery. He is excited about the department's future under Dr. Henderer's leadership as it continues to evolve and grow.

## Celebrating Our Resident Graduates

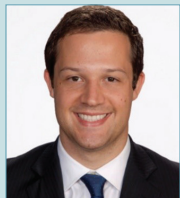


The Department of Ophthalmology 2019 resident graduation ceremony was held on June 19 at the Corinthian Yacht Club in Essington, PA. Pictured are (left to right): Dr. Jay Matz, Dr. Jenny Jiang and Dr. Alex Juhn.

Dr. Matz will be heading to the Progressive Vision Institute in the Lehigh Valley, PA. He will be joining this practice as a Comprehensive Ophthalmologist. Dr. Jenny Jiang is going to Mass Eye and Ear Infirmary in Boston for a Glaucoma Fellowship. Dr. Alex Juhn is heading to California for a Retina Fellowship at UCLA Stein and Doheny Eye Institutes.

We wish the best of luck to our graduates in all their endeavors!

## Welcome to New Residents



**DR. JORDAN SUGARMAN** grew up in Radnor, PA. He is an alumnus of George Washington University where he earned a BS in biology with a minor in psychology. He went from GW to Sidney Kimmel Medical College at Thomas Jefferson University for his MD and completed his internship at Einstein Medical Center. He enjoys spending time with friends and family around the Philadelphia area, and in warmer months, relaxing in the sunshine at the Jersey shore.



**DR. TAYLOR GIVNISH** earned her BS in Biology from La Salle University Honors Program and her medical degree from Geisinger Commonwealth School of Medicine in Scranton, PA. She is thrilled to be back in Philadelphia, completing her Internal Medicine Preliminary Year at Lankenau Hospital before starting her ophthalmology residency at Temple. Her interests include traveling, snowboarding, spending time at the shore, the Philadelphia Eagles and Sixers, cooking and coffee.



**DR. JONATHAN LAM** is a native of Philadelphia and grew up just outside the city in Huntingdon Valley. He completed his undergraduate studies at Tufts University in Boston, where he also played collegiate tennis for the Jumbos. He attended medical school at the Lewis Katz School of Medicine at Temple University, while concurrently obtaining his MBA at Temple's Fox School of Business. He completed his internship at Broward General Hospital in South Florida. In his free time, Dr. Lam enjoys playing golf (somewhat poorly), skiing, basketball and spending time with his family.



From left to right, Dr. Iftikhar Chaudhry, Dr. Sumana Kommana and Dr. Gary Domeracki at ASCRS.

# ASCRS 2019

By **SUMANA KOMMANA**, 3rd year resident

I had the opportunity to attend and present at the annual American Society of Cataract and Refractive Surgery (ASCRS) meeting in San Diego in May 2019. This was my second time at ASCRS and it is one of my favorite events of the year. It's a great time to learn, network and reconnect with colleagues and mentors, some of whom are our very own Temple Ophthalmology alumni.

ASCRS has a myriad of leading experts in the field and I attended various lectures, wet labs and poster presentations. Thanks to the support and dedication from our department, I was able to present my own work.

My project was focused on astigmatism correction during cataract surgery, specifically analyzing the role of manual limbal relaxing incisions and evaluating their utility and efficacy in an urban academic setting. This project is part of the larger on-going cataract project being led by our faculty member Dr. Gary Domeracki.

Overall, ASCRS is a fantastic conference and I look forward to seeing what next year has in store!



Temple University Hospital's annual **Acres of Diamonds Gala** was held on May 11 this year. Faculty member Upneet Bains, MD, and recent resident graduate Jenny Jiang, MD, were in attendance and having fun!

**RESEARCH/PUBLICATIONS**

Hark LA, Myers JS, Rahmatnejad K, Wang Q, Zhan T, Hegarty SE, Leiby BE, Udyaver S, Waisbourd M, Leite S, Henderer JD, Pasquale LR, Lee PP, Haller JA, Katz LJ. Philadelphia Telemedicine Glaucoma Detection and Follow-up Study: Analysis of Unreadable Fundus Images. *J Glaucoma*. 2018 Aug. PMID 30180021

Dr. Dany Najjar, Invited Lecturer for the Ophthalmology Lecture Series to Second year Medical students, Temple University School of Medicine, January 2019

Brown H, Domeracki G, Krakauer M. Auto-enucleation after motor vehicle accident. *Visual Journal of Emergency Medicine*. 2018 (11); 72-3.

Temple Health refers to the health, education and research activities carried out by the affiliates of Temple University Health System (TUHS) and by the Lewis Katz School of Medicine at Temple University. TUHS neither provides nor controls the provision of health care. All health care is provided by its member organizations or independent health care providers affiliated with TUHS member organizations. Each TUHS member organization is owned and operated pursuant to its governing documents.

# Wet Lab Donations

In the Wet Lab, the paint is drying and the table-mounted microscopes are in place. We are getting closer to our goal, but we need your help to reach the finish line! We will be having an Open House to celebrate the completion of the Wet Lab in the fall of 2019, and we hope to see our donors and supporters there.

Donations to date include:

- Ophthalmology – \$35,000
- Otolaryngology – \$35,000
- Neurology – \$35,000
- Alumni and other donations - \$32,300

We are so grateful for your help. More details to follow.



## Supporting Temple Ophthalmology

Your philanthropic support makes an immediate and significant difference on the Department of Ophthalmology's education, research and patient care activities. Please consider an annual donation via either the enclosed envelope or by visiting [giving.temple.edu/ophthalmology](http://giving.temple.edu/ophthalmology).