

EXCELLENCE IN  
OPHTHALMIC CARE,  
EDUCATION &  
RESEARCH

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## News from the Chair

By: Dr. Lorne Bellan

We are almost there! We are about to hit a very important milestone for our program. Dr. Andre Jastrzebski is about to become the first graduate from our residency program. The five years seem to have just flown by. I can remember the interviews and the first match day when we were nervously waiting to see who would be our first resident. We were keeping our fingers crossed that it would be Andre because we could tell that he had the strength and inner confidence to be our very first resident who wouldn't have the luxury of a senior resident ahead of him to help guide him along his way. It has been a great learning experience for all of us and we are greatly indebted to Andre for his leadership in helping us mould and modify the program along the way. We are all justifiably proud of the training program we now offer and should collectively take credit for the deserving national reputation we have achieved. We all wish Andre all the

**"We are about to hit a very important milestone for our program."**

best in his upcoming fellowship and look forward to having him back on staff.

We are also delighted to be welcoming our newest resident Alanna Flynn from Newfoundland. She did her medical school training at Memorial University in St. John's and she has a strong background in math and physics. She has won many awards in her undergraduate training and was shortlisted for the Rhodes scholarship. Some of her interesting hobbies include embroidery (she was an instructor) and baking (check out her blog at [www.drcupcake.ca](http://www.drcupcake.ca)). She will be starting July 1. I know we will all make her very welcome.

All of our residents have been working hard at their studies and are progressing well. Their research efforts

were showcased at our annual research day on May 14. I am particularly pleased that they have also pursued advocacy projects this year. Dr. Andre Jastrzebski (PGY5) and Dr. Raageen Kanjee (PGY4) attempted to obtain access for ophthalmology patients suspected of having Tuberculosis-related eye conditions to have the newest (and expensive) testing to confirm the presence of this infection. While their efforts were unsuccessful because province limitations on these tests would not provide us with the rapid turnaround that we need, their efforts to advocate on behalf of their patients is much appreciated. Dr. Victor Penner (PGY3) and Dr. Will Turk (PGY2) are leading another advocacy project to provide visual screening in the fall for new students at Mulvey elementary school across the street from us.

Dr. Guillermo Rocha, our department member from

### Upcoming Events:

- MHC Foundation Golf Classic (July 13, 2016)
- Visiting Professor Dr. George Beiko (October 6-7, 2016)
- Festive Seasonal Party (November 26, 2016)
- CaRMS Meet & Greet (January 19, 2017)
- CaRMS Interviews (January 20, 2017)
- Visiting Professor Dr. David Sarraf (March 9-10, 2017)
- Mock Oral Exam (April 7, 2017)
- Research Day (May 12, 2017)

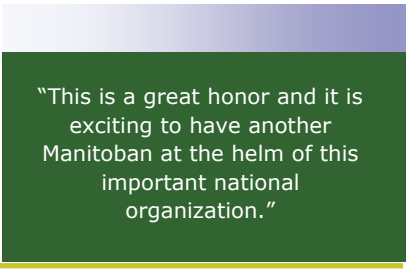
# RESEARCH DAY

Mark your calendars for May 12, 2017.

## Chair News continued...

Brandon, is about to become the president of the Canadian Ophthalmological Society (COS) in June. This is a great honour and it is exciting to have another Manitoban at the helm of this important national organization. I'm sure he will do a great job during his two-year term. The COS has been trying to expand its advocacy role and is actively trying to work with provincial ophthalmology groups to improve contact between ophthalmologists and government. It is also trying to promote the creation of Eye Health Councils where ophthalmologists and optometrists can work together to help plan for the best eye care for citizens in each province. This began several years ago in Nova Scotia and is now running effectively in Ontario. Now that we have a new provincial government the COS is keen to work with us to try to establish a similar model here.

On April 23 Dr. Mathen and I represented the ophthalmologists at the Misericordia Health Centre (MHC) Strategic Planning Retreat. This day-long event with representatives from the Board of Directors, the Foundation Board, MHC senior leadership and program representatives and others was



aimed at creating an updated strategic plan for the next 5-10 years. I am pleased to report that Ophthalmology was identified as one of the primary strategic areas. It was felt that we should strive for a number of enhancements in order to be the true centre of excellence to which we aspire. Ideas that were discussed

included having more on site coverage for care of ocular emergencies, more ophthalmologists on site with dedicated time to pursue research interests, clinical facilities for private ophthalmologists in close proximity to MHC to facilitate the provision of care and new operating rooms. Some of the other primary strategic areas of focus were enhancing care for the elderly, improving our use of information technologies and building on our strong health human resources. Senior leadership will now look at all of these ideas to develop a plan for the next five years.

It has been an exciting five years for us reaching the milestone of our first graduate; I anticipate that we will have a similar sense of pride five years from now when Alanna graduates and we have accomplished some of the objectives from this upcoming new strategic plan.

## Standing out from the crowd... Top 10 Most Successful Mexicans in Canada

**LATINOS**  
**GUILLERMO ROCHA**

*"In Canada we find challenges instead of problems."*  
- Guillermo Rocha

**OPHTHALMOLOGIST AND PRESIDENT OF THE CANADIAN ASSOCIATION OF OPTHALMOLOGISTS, 17 YEARS IN CANADA.**

Guillermo Rocha's academic career began in Mexico City, at the School of Medicine in Anahuac University. He completed a year of social service at the "20 de Noviembre" hospital in the Department of Experimental Surgery, where he fell in love with microsurgery. He also took a course of basic ophthalmology science in Houston, TX.

Rocha completed a year of ophthalmology specialization at the Hospital Association to Prevent Blindness in Mexico. From there, he completed a year of research in ocular immunology at McGill University in Montreal, where he continued with a residency in ophthalmology until 1995. It was in Montreal that Rocha made his first Canadian contact, Dr. Bruce Jackson, the Director of Ophthalmology.

After obtaining a certification at the Royal College of Physicians and Surgeons of Canada, he decided to continue his studies in the United States. Rocha specialized in corneal and refractive research at the University of South Florida in Tampa.

Upon the completion of his studies in Tampa, he returned to Monterrey, Mexico with his wife Maria Paula Rocha and two daughters Maria Paula Rocha and Andrea Rocha until 1996, when he learned (through family contacts) that the general hospital in Brandon, Manitoba was looking for an ophthalmologist. He applied and was selected for the position and was given assistance to become a permanent resident of Canada. He got new equipment and completed all the legal proceedings in order to practice his career. In that same year—1996—two weeks after arriving in Canada, he was already offering consultations and performing surgeries at the Brandon General Hospital—where he still works today.

From 2004-2009, Rocha was the head of the department of surgery at the Regional Health Centre in Brandon. He also co-edited four books about advances in refractive surgery, cornea and surgical correction of astigmatism, and many more achievements which have brought him recognition from the Mexican and Canadian community. Currently, he is the nationwide elected president of the Canadian Society of Ophthalmology. Rocha also chairs the society and is in charge of all negotiations, legislations, agreements and statutes that surround the ophthalmology field for two years.

Rocha says his goals were based on adapting to new customs and finding ways to overcome challenges as they presented themselves. According to Rocha, in Canada you find challenges rather than problems. Throughout his career, he has focused on identifying what people need by using new techniques, innovative equipment and conducting research projects. Over the years, there has been many opportunities to work in other Canadian cities; however, Rocha and his family are comfortable in Brandon.

Although Rocha had to leave his country to find a better quality of life, he does not regret making the sacrifice. In part, because he found warm acceptance that he had failed to find in other places and staying in the country became much easier due to the multicultural atmosphere. He recommends overcoming adversities by facing them—this has been key to his success. His experience has been that Canada rewards hard, steady and honest work.

Forever working, Rocha is also associated with the University of Manitoba and has an agreement with the Mexican Institute of Ophthalmology of Queretaro in a resident exchange program between Canada and Mexico on research and clinic matters.

In 2016, the first Mexican resident is expected to arrive in Canada. Rocha plans to stay in contact with colleagues and entrepreneurs from his country for the benefit of bilateral projects that encourage industrious and proactive people in the area of medicine.

# Research Day May 13, 2016



Presenters and Visiting Professor: Drs. Victor Penner, Raageen Kanjee, Seymour Brownstein, Marinya Roznik, Liz Armstrong, Dr. William Turk, Abed Suleiman (absent)



Liz Armstrong was awarded 1st Place Research Project; Presented by Dr. Lorne Bellan



Dr. Janine Johnston received the Third Annual Teacher of the Year Award



Dr. Stephen Brodovsky received the Second Annual Surgical Teacher of the Year Award



Dr. Raageen Kanjee was awarded 2nd Place Research Project; Presented by Dr. Lorne Bellan



# Resident Corner - the changing of the guard

By Pamela Lowe

It's hard to believe that our first resident, Dr. Andre Jastrzebski, is nearing graduation. We are thrilled to have had him help pioneer our sought-after residency program. Later this summer, Dr. Jastrzebski will be joining the Department of Ophthalmology at the University of Bristol in England for a one year fellowship in Medical Retina and Uveitis. The city of Winnipeg has been without a uveitis specialist for over five years and we are hopeful that Dr. Jastrzebski can bring a new skill set to the city after his year abroad. Dr. Jastrzebski won the Harry S. Morton Travelling Fellowship in Surgery. The Award is specifically designated for surgical Fellows who embark on a journey of learning in the U.K. allowing them to integrate the knowledge learned back into their Canadian practice.

Our remaining residents will also be in the process of shuffling their responsibilities with the new academic year. Dr. Danica Kindrachuk will be returning from her stint at the Toronto Ophthalmology Resident

Introductory Course (TORIC) to begin her PGY2 year and will take over primary responsibility of the weekday resident clinics. Drs. Turk and Penner will both be

increasing their levels of responsibility and their time in the operating room as they become more senior in the program. Finally, our PGY5 resident, Dr. Raageen Kanjee, will be starting his final year of training which will involve much

refining of his skills and lots of preparation for his final Royal College certification examination next spring.



# New Resident - Dr. Alanna Flynn

Alanna was born and raised in St. John's, Newfoundland with two older sisters and a younger brother. She completed her undergraduate degree at Memorial University in physics with a minor in math while developing a love for research, both in experimental physics with deuterium nuclear magnetic resonance and mathematics education. In 2012, she attended a semester at the University of Washington as a Killam fellow where she was introduced to optics and the physics of the visual system with her first biophysics course.

Alanna attended medical school at

Memorial University and it quickly became clear that her passion was in the field of ophthalmology. Her research interests focused on genetics and hereditary eye diseases in the unique population of Newfoundland and Labrador.

Outside of her studies, Alanna loves dancing, yoga, and distance running. She also enjoys baking and posting recipes on her blog, drcupcake.ca. Although she hasn't spent much time in Winnipeg, she is so excited for this new beginning and to join the wonderful Ophthalmology program in Manitoba.

*"...so excited for this new beginning and to join the wonderful Ophthalmology program in Manitoba."*



# Resident selection...mystery of the 'MATCH'



By Pamela Lowe

Each year a new resident is selected for the Ophthalmology Residency Program. It is a very exciting time with much thought and preparation going into the process. Applications are received from interested medical students from across Canada. Applicants apply through the Canadian Resident Matching Service (CaRMS) which is a "national, independent, not-for-profit, fee-for-service organization that provides a fair, objective and transparent application and matching service for medical training throughout Canada."

More applications are received than interviews given. An interview committee is formed and this group diligently reviews each application to collectively determine who to invite for interviews. Understandably, with so many amazing applicants, this is a very difficult task.

Interview day allows the Ophthalmology Residency Program interview committee the opportunity to meet and interview 18 shortlisted candidates. At the end of a full day, those interviewing once again meet to rank the candidates. These final rankings get entered into the CaRMS database. The candidates also rank the programs based on their preference.



After that, we all patiently wait for CaRMS to work its magic through complex algorithms. With much anticipation, "Match Day" arrives. All

parties are notified of the final match (which is a binding contract), and celebrations ensue!



## DID YOU KNOW

By: Pam Lowe

- ◆ For the 2015-2016 fiscal year, the resident clinic saw 3,251 patients, an increase from 3,048 in 2014-2015.
- ◆ There has been a recent name change to the College of Medicine and the Faculty of Health Sciences. We are now known as Max Rady College of Medicine | Rady Faculty of Health Sciences.
- ◆ For the 2015-2016 academic year, ophthalmology received lots of interest for undergraduate electives:
  - ⇒ 19 - # of applications Received
  - ⇒ 9 - # of applications Approved
  - ⇒ 47% - % of applications Approved
  - ⇒ 5 - # Applications Declined
  - ⇒ 7 - # of Electives cancelled by student
  - ⇒ 7 - Total Electives completed
  - ⇒ 6 - CDN schools
  - ⇒ 1 - International Schools

## U of M Library - AAO e-books now online

By: Laurie Blanchard

Sister St Odilon Library, U of M Health Sciences Libraries

The AAO's **Basic and clinical science course** and **Focal points** are now available online from the University of Manitoba Libraries!

These e-resources can be accessed directly from the links below or from the U of M Library Catalogue *One Stop Search* or from the *Ophthalmology Toolkit: Books/Journals/Articles* tab.

### Links:

[Basic and clinical science course](#)

[Focal points](#)

### Ophthalmology: Books|Journals|Articles

[\[Click to enter a description\]](#)

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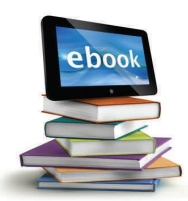
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Selected Ophthalmology E-Books

- Basic and clinical science course
- Case reviews in ophthalmology
- Cornea and external eye disease [electronic resource] : corneal allotransplantation, allergic disease and trachoma
- Duane's ophthalmology
- Focal points



### Featured Resource:: BrowZine Web

BrowZine Web is a tool to find, read, and monitor thousands of scholarly journals available through the library, covering all disciplines. It is an excellent way to keep up to date on the literature relevant to your area of practice. BrowZine is available online or as an app.

Visit [browzine.com](http://browzine.com) and choose University of Manitoba as your library, or download the app from the iTunes store or Google Play. Visit us to learn more about how BrowZine can work for you!

To contact the Library, call 204-788-8109 or email [mhclibrary@umanitoba.ca](mailto:mhclibrary@umanitoba.ca)

## New Staff

Join us in welcoming two new casuals joining our team in the Buhler Eye Care Centre.

- ◆ Irinia has been hired as a casual photographer to both Residency Clinic and Retinal Clinics.
- ◆ Stephanie has been hired for an additional casual Nursing position in Clinic and Procedure Room.

## (Semi-) Retirements

Join us in wishing two of our faculty members all the best as they have or are in the process of closing their practices and move towards retirement.

- ◆ Dr. David Manusow
- ◆ Dr. Robert Sanders



## A BIG thank you to the surgical ophthalmologists...

By Kristine Betker  
*Misericordia Health Centre Foundation*



Thank you to all the ophthalmologists who practice at the Buhler Eye Care Centre for your generous sponsorship of this year's Gala, held on April 16, 2016. The proceeds from the 2016 Gala will support the programs and people at Misericordia Health Centre.

As a result of your generosity as presenting sponsor of last year's gala, we were able to conduct a major renovation of one of our Operating Rooms: wooden cabinets were replaced, walls were sealed and stainless-steel plates installed. Thanks to your support, you and the rest of the staff at Misericordia can continue to provide exceptional care with the most up-to-date facilities and equipment to benefit the nearly 11,000 patients that come to Misericordia for eye surgeries. We really cannot over state how much this means to us and to the many Manitobans who walk through our doors.



Dr. Michelle Georgi (Gala Chair), Drs. Mathen Mathen, Rashmi Nigam, Lorne Bellan (Ophthalmologists), Ms. Kim Siddall (MHC Foundation Chair)

## BLACK TIE GALA

APRIL 16, 2016



MISERICORDIA  
 Health Centre  
 FOUNDATION

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<http://umanitoba.ca/faculties/medicine/units/ophthalmology/>



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*The next issue of this newsletter will be released in November of 2016. If you wish to submit an article for the next issue, please send it to the attention of Pamela Lowe at [pamela.lowe@umanitoba.ca](mailto:pamela.lowe@umanitoba.ca).*

## Awards & Achievements

### Congratulations to:

- ◇ **Dr. Guillermo Rocha** on being recognized as one of the top 10 most successful Mexicans in Canada in 2015.
- ◇ **Dr. Frank Stockl** on his nomination for a 2014/15 Manitoba Medical Students' Association (MMSA) Teaching Award, Faculty of Medicine.
- ◇ **Dr. Victor Penner** for being nominated for a Medical 3 Award: Residents Mentorship from the Manitoba Medical Students' Association.
- ◇ **Dr. Andre Jastrzebski** on winning the Harry S. Morton Travelling Fellowship.
- ◇ **Dr. Lorne Bellan** on his position as the Manitoba College of Physicians and Surgeons Member on the Optometry Regulatory Advisory Committee.
- ◇ **Dr. Janine Johnston** on receiving our 3rd Annual Teacher of the Year Award.
- ◇ **Dr. Stephen Brodovsky** on receiving our 2nd Annual Ophthalmology Surgical Teacher of the Year Award.
- ◇ **Dr. Raageen Kanjee** for receiving the 2nd Place award at Research Day.
- ◇ **Dr. Conor Mulholland**, Paediatric Fellowship Program Director, on the approval of the new Paediatric Fellowship.

- ◇ **Dr. Lorne Bellan** on his new position as vice chair of the Royal College Nucleus Committee.
- ◇ **Dr. Frank Stockl**, Retina Fellowship Program Director, on the approval of the new Retina Fellowship.
- ◇ **Dr. Jennifer Rahman** on her radio interview with Terry Macleod's weekend morning show in March regarding World Glaucoma week and the importance of routine eye exams to screen for hidden eye diseases.

## Publications

◇ Dr. Kanjee Dr. Jastrzebski

Our Ophthalmology [Library Toolkit Homepage](#) is now featuring our faculty publications from the last two years. The Department is proud of the research everyone is part of and wishes to share it through this resource to allow the articles to be easily accessible and for all to see!

Please take a look and let Pam know if we have overlooked anyone's publications. If so, provide the title of your article and we will get it added to the list ASAP. It must be published and online accessible.

<http://libguides.lib.umanitoba.ca/ophthalmology>

### Recent Publications:

- ◇ Dr. Bellan      Dr. Dookeran      Dr. Roy
- ◇ Dr. Kanjee      Dr. Jastrzebski

## Awards & Achievements

*Let Pam know if you have received awards or other notable achievements this past year. We would love honour you and share your accomplishments with your colleagues.*



## Help make a difference...

The U of M Department of Ophthalmology supports the following organizations:

- 1) MHC Foundation
- 2) United Way