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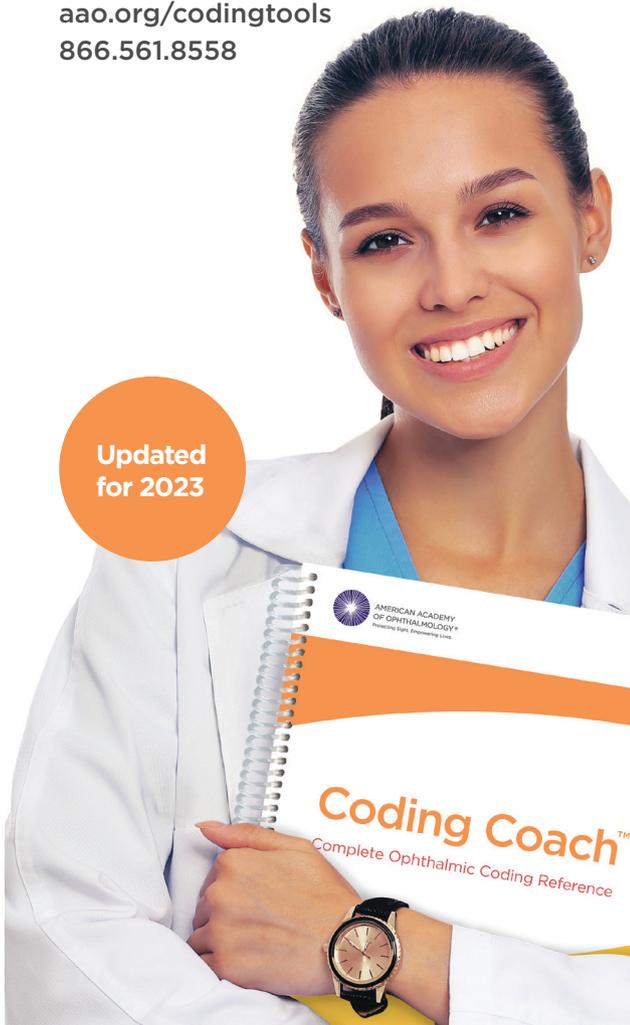
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## Letters

### In Pursuit of Momentum

It is hard to overcome the inertia of the status quo. However, when it comes to advocacy, I would posit that we must—and attending April's Congressional Advocacy Day, held in conjunction with the Mid-Year Forum, is a great opportunity to build momentum toward change.

I've attended Mid-Year Forum four times during training. It was not easy and required careful scheduling of studying, call, vacations, clinic and surgery, and life outside of work. I found myself on late flights and twilight drives, but always more energized on returning home than when I left.



**CONGRESSIONAL ADVOCACY DAY.** *The Utah contingent gathers on the Hill during Congressional Advocacy Day 2022.*

We sacrifice so much of our youth and our lives to becoming physicians and ophthalmologists in order to care for patients, but ultimately there are many external political, financial, and regulatory forces at play that control how

that care is delivered. To passively acquiesce to the status quo is simply not acceptable.

It has never been easier for residents to attend Mid-Year Forum, thanks to the support of Advocacy Ambassador Program scholarships through state and subspecialty societies ([aao.org/mid-year-forum/advocacy-ambassador-program](http://aao.org/mid-year-forum/advocacy-ambassador-program)). Many residency programs will even allow the time and resources to go to Capitol Hill. Residents, fellows, and all ophthalmologists must find the energy to move beyond inertia into momentum to advocate for our profession.

The future of ophthalmology is predicated not only on our ability to care for our patients, but also on our efforts to impact and guide the external forces that influence the delivery of care. Attend Mid-Year Forum 2023; I promise the experience will be worthwhile and you will carry the energy through your life and career.

*Arjan Hura, MD  
Young Ophthalmologist Advocacy  
Subcommittee Member,  
Los Angeles*

**Editors' note.** Learn more about Mid-Year Forum 2023 and how to register for it on page 49 and at [aao.org/myf](http://aao.org/myf). Find the full version of this letter at [aao.org/eyenet](http://aao.org/eyenet).