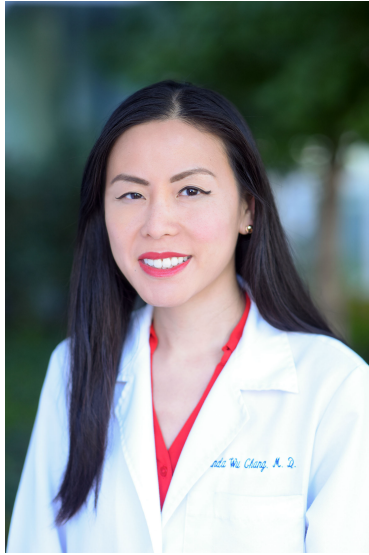


## Chapter Member Spotlight



**Name: Melinda Chang, M.D.**

**Practice location: Children's Hospital Los Angeles**

**Number of years in practice: 6 years**

I grew up in southern California and attended USC for undergraduate studies, double-majoring in Neuroscience and Kinesiology. Subsequently, I went to medical school at Washington University in St. Louis. I returned to southern California and completed ophthalmology residency, pediatric ophthalmology fellowship, and neuro-ophthalmology fellowship at the Stein and Doheny Eye Institutes at UCLA. Currently, I have a medical and surgical pediatric neuro-ophthalmology practice at Children's Hospital Los Angeles. My research focuses on methods to assess visual function in children with neurodevelopmental disorders and the application of artificial

intelligence to pediatric neuro-ophthalmologic conditions.

### **What do you do before work that sets the tone for your day?**

I take my son to school then listen to audiobooks while driving to work.

### **What are some challenges or struggles that you face at work?**

Juggling clinical, research, teaching, and administrative responsibilities; managing multiple projects and trainees simultaneously.

### **How do you work through or overcome your challenges or struggles?**

Lots of to-do lists and calendar reminders; regularly scheduled meetings with all trainees and for all projects.

### **After work, what do you do for your own wellness?**

I play Pikmin Bloom (one of the games from Niantic, the Pokemon Go company). It encourages you to get outside and walk!

### **From what/whom does your inspiration or motivation stem?**

So many people! Most importantly, my patients are the motivation for my research. Parental

concerns frequently shape the most significant research questions. My mentors, especially Drs. Mark Borchert and Pat Levitt, inspire and guide my career. Finally, my family – including my parents, husband, and son, are the ultimate inspiration for everything I do.

**Wellness Tip: What is the one thing you would recommend to our readership to do each day to take care of oneself?**

Try to avoid using your phone for 1 hour before bedtime. You will fall asleep faster and sleep better!