



Grayson W. Armstrong, MD, MPH: Eyes out for medicine's future

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Staff News Writer



The AMA "Members Move Medicine" series profiles a wide variety of doctors, offering a glimpse into the passions of women and men navigating new courses in American medicine.

On the move with: Grayson W. Armstrong, MD, MPH, an ophthalmology resident in Boston.

AMA member since: 2010.

What inspired me to pursue a career in medicine: When I was just a child, my younger sister frequently visited the eye doctor for strabismus and amblyopia. I used to love visiting the pediatric ophthalmologist with her, as he used to sing songs and show us cartoons to distract us. I didn't know it at the time, but when I grew up and learned that he saved my sister's sight in one eye, I went into medicine to do the same for others.

How I move medicine: By improving the health of entire populations of patients through policy, advocacy and entrepreneurship. I advocate to make sure that the medical education of future physicians is of the highest quality and takes advantage of the latest advances in technology. I also started an ophthalmology telemedicine company to bring eye care to those who don't have it—all over the world.

Career highlights: As a medical student, I was elected to serve as the chair of the AMA Medical Student Section. This is the largest organization of medical students in the country, and it is full of passionate young leaders pursuing incredible work. I was inspired every single day by my peers' successes, and it continues to drive me to be the best physician I can be.

Advice I'd give to those interested in pursuing a career in medicine: Being a doctor is the most rewarding career you can have. Every single day, you make a permanent positive impact on scared, sick, helpless and vulnerable patients. The joy and pride you get from helping another human and alleviating suffering during one of their scariest moments in their life journey is truly unique.

Aspect of my work that means the most: Getting to know my patients—their passions, their hopes, their families, their interests—is the best part of my job. Plus, the eye is just so beautiful to look at every day!

Learn more about AMA members who are relentlessly moving medicine through advocacy, education, patient care and practice innovation, and join or renew today.