

# WHAT APP HAS MOST IMPROVED YOUR LIFE THIS YEAR?

Physicians share their favorite apps of the year.

BY CYNTHIA MATOSSIAN, MD; MARGUERITE B. McDONALD, MD; CHRISTOPHER E. STARR, MD; VANCE THOMPSON, MD; ELIZABETH YEU, MD; AND KEITH WALTER, MD



**CYNTHIA MATOSSIAN, MD**

I use Dark Sky (Jackadam) to plan my power walks. This app tells me if it is going to rain during the next 30 minutes. I have found it to be very accurate.



**MARGUERITE B. McDONALD, MD**

AnyList (Purple Cover) is awesome. It is a shopping list you can share with your spouse or anyone else. All parties can add and remove items. You add items when you think of them

and cross them off while you are in the store buying them. With this app, you never forget to buy something at the store. You do not have to text or call your spouse to remind him or her to get the item or to ask if he or she has purchased it already. The app remembers what you usually buy, so as you start to type the name of the desired item, the full name appears.

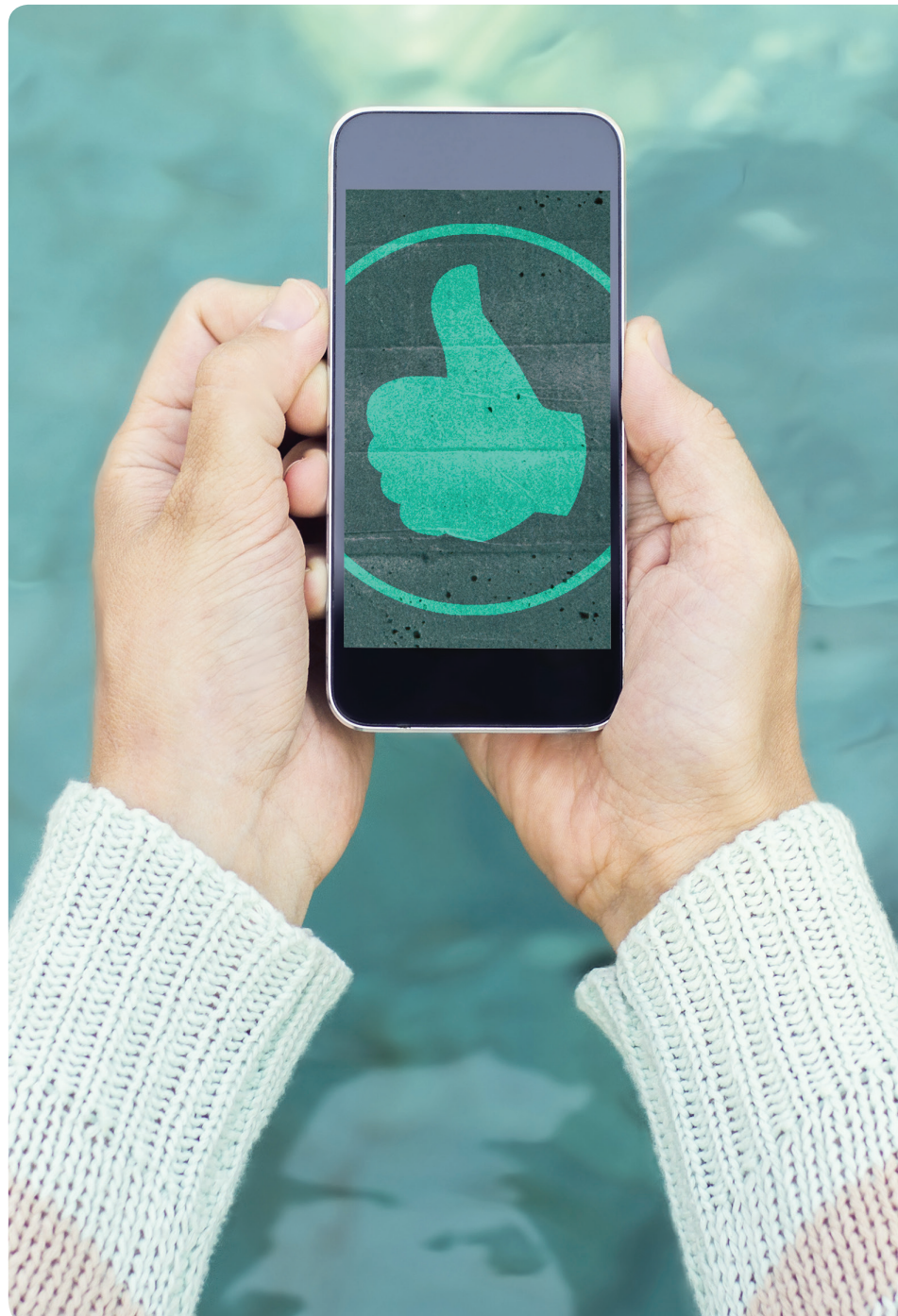


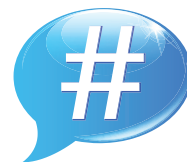
**CHRISTOPHER E. STARR, MD**

One of my favorite new apps is FilmicPro (Filmic). It is a highly sophisticated yet easy-to-use program for creating high-quality cinematic movies with iPhones (Apple). I was

initially turned on to it after seeing the highly acclaimed Hollywood movie *Tangerine*, which was shot entirely with an iPhone 5S using this app and a special anamorphic snap-on lens

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from Moondog Labs. I put together a mini video rig using my iPhone 6, FilmicPro, Moondog Labs' anamorphic lens, a small Rode microphone, and a tripod. After adjusting the settings in FilmicPro, it is quite easy for a novice filmmaker like myself to make very high-quality, lush, cinematic movies with crisp visuals and clear audio. In addition to making great movies documenting my kids, I have also been using this rig for ophthalmology-related videos.



#### VANCE THOMPSON, MD

A couple of game-changers for me are OpenTable (OpenTable) for dinner reservations and Boomerang (Baydin) for Gmail that allows me to send email at a specified time and also boomerang important messages back to myself as reminders. It is very helpful.



#### ELIZABETH YEU, MD

SworKit (Nexercise) is an awesome app for in-room workouts and stretches. It leads one through a semicustomized workout, whether it be cardio, yoga, or stretching. I like the "standing-only" stretch sessions that I can do at work.



#### KEITH WALTER, MD

I would say Genius Scan (The Grizzly Labs). It is free and allows you to take a picture of a document, which becomes a PDF. It is great for keeping up with receipts of any size. ■

#### Cynthia Matossian, MD

- founder and CEO of Matossian Eye Associates in Doylestown, Pennsylvania, with additional locations in New Jersey
- clinical instructor, Department of Ophthalmology, School of Medicine of Temple University, Philadelphia
- cmatossian@matossianeye.com
- financial interest: none acknowledged

#### Marguerite B. McDonald, MD

- cornea/refractive specialist with the Ophthalmic Consultants of Long Island in Lynbrook, New York
- clinical professor of ophthalmology at the NYU Langone Medical Center in New York City
- adjunct clinical professor of ophthalmology at the Tulane University Health Sciences Center in New Orleans
- (516) 593-7709; margueritemcdmd@aol.com
- financial interest: none acknowledged

#### Christopher E. Starr, MD

- associate professor of ophthalmology at Weill Cornell Medical College in New York
- director of the Refractive Surgery Service, director of ophthalmic education, and director of the Cornea, Cataract, and Refractive Surgery Fellowship at Weill Cornell Medical College
- cestarr@med.cornell.edu
- financial interest: none acknowledged

#### Vance Thompson, MD

- cataract and refractive surgery at Vance Thompson Vision, Sioux Falls, South Dakota
- (605) 361-3937; vancethompson@vancethompsonvision.com
- financial interest: none acknowledged

#### Keith A. Walter, MD

- professor of ophthalmology at the Wake Forest School of Medicine, Winston-Salem, North Carolina
- kwalter@wakehealth.edu
- financial interest: none acknowledged

#### Elizabeth Yeu, MD

- private practice at Virginia Eye Consultants
- assistant professor of ophthalmology at Eastern Virginia Medical School in Norfolk, Virginia
- (757) 622-2200; eyeu@vec2020.com
- financial interest: none acknowledged