



OUTSIDE THE OFFICE

# FROM SUSHI TO SURGERY

A peek inside the life and mind of Elizabeth Yeu, MD.

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**What is something that people would be surprised to learn about you?**

I am quite a crafty sushi chef, which I did through parts of college and half of medical school. I enjoyed it because it was working with my hands. In a similar vein, I love baking, but am probably the worst cook in the family.

**If you weren't an ophthalmologist, where would your career have taken you?**

I'm a bit of a goober; I wanted to be a doctor since I was 4. I originally thought I wanted to be a neurosurgeon. If I had not gone into medicine, I would have considered journalism or cosmetology.

**How do you maintain balance among your career, your family, and your personal interests?**

That's always a juggling act. I don't have a great answer for that, as I love my profession and that zest fuels me to pursue my goals. I do think that being centered and uncluttered really provides

clarity with multitasking. Yoga provides that for me. I learned a while ago that I'm good at a certain subset of areas, and I stink at a lot of things, and I am okay with that. I have let go of perfectionism, but I do give my best efforts to my family, patients, and those I work with and for.

**Where was this photo taken?**

This was on a submarine tour in the Cayman Islands during our Disney cruise. It was the first family vacation that the kids were both old enough to really enjoy themselves, and appreciate "vacation." ■

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