

Cindy E. Pouw OD, FAAO - #8378TG

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(832) 860-5325

Education

University of Houston College of Optometry

- May 2014, Doctor of Optometry, Cum Laude
- Beta Sigma Kappa Society, Gold Key International Optometric Honor Society
- Intern at Cedar Springs Eye Clinic (Dallas, TX) & Vision Health Specialties (Midland, TX)

University of Houston College of Natural Science

- December 2009, BS Biology & Minor in Psychology
- Summa Cum Laude, Honors College

Clear Lake High School

- May 2006
- Cum Laude, National Honor Society, National Spanish Honor Society

Work

- 5/2016 – Present **Therapeutic Optometrist & Glaucoma Specialist** Houston, TX
Eye Contact, pediatric specialist
- Currently providing comprehensive eye care for patients of all ages; specializing in the fitting of contact lenses, pediatric care, and co-management with varied health care providers. Also worked with local elementary school nurses to provide vision screenings.
- Presently providing relief work **Therapeutic Optometrist & Glaucoma Specialist** Houston, TX
1/2016 – 4/2016 Texas Children's Hospital – The Center for Children and Women Southwest & Greenspoint
5/2015 – 8/2015
- Provide complete eye care for pediatric patients and expectant mothers, including visual and ocular health evaluations
 - Coordinate with varied health care teams within the community health center model
 - Frame style, order, adjust, and dispense spectacles for pediatric and adult patients
- 9/2015 – 4/2016 **Therapeutic Optometrist & Glaucoma Specialist** Houston, TX
Independent Contractor
- Provided comprehensive exams for patients of all ages in the Houston and greater Houston communities
- 7/2014 – 5/2015 **Therapeutic Optometrist & Glaucoma Specialist** Texas City & Santa Fe, TX
Texas State Optical of Texas City & Santa Fe
- Provided comprehensive eye exams, contact lens fittings (including specialty contact lenses), & diagnosed and treated eye diseases such as diabetic retinopathy, macular degeneration, and glaucoma
- 4/2011 – 12/2012 **Optometric Technician** Houston, TX
Bay Vision
- Assisted doctors with patient preliminary testing procedures
- 5/2011 – 8/2011 **Customer Experience Sales Representative** Friendswood, Texas
Gap, Inc.
- Provided excellent customer service to clients and assisted with wardrobe fittings
- 1/2010 – 5/2010 **Teaching Assistant at the University of Houston** Houston, TX

University of Houston Biology and Biochemistry Department

- Taught two undergraduate Anatomy and Physiology II laboratories
- Created lesson plans, quizzes, and examinations for students

5/2009 – 7/2010

Optometric Assistant and Technician

Houston, TX

James D. Winter, OD & Associates

- Assisted doctor with patient preliminary testing procedures
- Fulfilled responsibilities including scheduling appointments, billing/coding, creating insurance claims, and general office maintenance

Professional Affiliations

- 10/2017 – Present Fellow of the American Academy of Optometry; inducted at Chicago 2017 meeting
- 7/2014 – Present Harris County Optometric Society
- 8/2010 – Present Texas Optometric Association
- 8/2010 – Present American Optometric Association
- 5/2014 – Present Gold Key International Optometric Society
- 8/2012 – Present Beta Sigma Kappa Honor Society
- 8/2010 – 5/2013 Note service head coordinator for the UH College of Optometry Class of 2014
- 8/2010 – 12/2012 Secretary, UH College of Optometry Student Volunteers for Optometric Services to Humanity – SVOSH

Publications

- Summer 2016 Grigsby, J., Allen, D., Ferrigno, A., Vellanki, S., Pouw, C., Hejny W., and Tsin, A. Autocrine and paracrine secretion of vascular endothelial growth factor in the pre-hypoxic diabetic retina. Published in Current Diabetes Review August 5, 2016.
- Summer 2014 Grigsby, J., Cardona, S., Pouw, C., Mendiola, A., Muniz, A., Tsin, A., Allen, D., and Cardona, A. The role of microglia in diabetic retinopathy. Published in the Journal of Ophthalmology August 31, 2014.
- Summer 2013 Grand rounds publication in the UHCO Continuing Education Journal – Chosen by Dr. Nick Holdeman entitled "Tractional Retinal Detachment Secondary to Proliferative Diabetic Retinopathy."

Awards

- 8/2013 Clinical Letter of Excellence in Contact Lens Service; Dr. Jan Bergmanson
- 8/2012 Clinical Letter of Excellence in Pediatric Service; Dr. Rudy Black
- 8/2010 – 5/2014 University of Houston College of Optometry Academic Scholarship

Languages

Fluent in Mandarin Chinese; Knowledge of Spanish