

Robert A. Mittra, MD

Dr. Mittra is an internationally recognized expert in the medical and surgical treatment of diseases of the retina and vitreous. He specializes in the entire range of conditions that can affect the back of the eye, including macular degeneration, diabetic retinopathy, retinal vascular occlusions, hereditary retinal diseases, macular holes, epiretinal membranes, retinal tears and detachment, and ocular trauma and tumors. Dr. Mittra is fully board certified and has participated in the Maintenance of Certification program through the American Board of Ophthalmology.

Born in Detroit, Dr. Mittra grew up in Rochester, Michigan a small town 30 miles north of the city. He graduated Summa Cum Laude with high honors on his senior thesis from the University of Michigan Honors College where he earned his B.S. degree in Cellular and Molecular Biology. At college he received numerous honors including Dean's list, numerous book awards, the James B. Angel Scholar designation, Golden Key National Honors Society and Phi Beta Kappa. He then attended the prestigious University of Pennsylvania Medical School in Philadelphia, PA, the first medical school in the country and part of the "Ivy League" where he developed an interest in ophthalmology and performed research at the Wills Eye Hospital. He completed his ophthalmology residency at the Duke Eye Center in Durham, NC where he was given the Edward K. Isbey Award for excellence in Clinical Care, Ethics and Research. He completed a two-year surgical vitreoretinal fellowship at the Medical College of Wisconsin in Milwaukee where he was awarded a special teaching award by the residents. Dr. Mittra has been continuously elected by his peers into the Best Doctors in America® since 2005.

Dr Mittra joined Retina Consultants of Minnesota formerly VitreoRetinal Surgery in September 2000. Dr. Mittra has served as Principal Investigator on more than 20 national and international clinical trials, contributing to the advancement of retinal care. He is actively involved in the ongoing research and development of new treatment and therapeutic modalities for macular degeneration, retinal vascular occlusions, diabetic edema/ retinopathy, and geographic atrophy.

The advancement of knowledge and treatment of retinal diseases has always been a key focus. Dr. Mittra has published more than 60 original scientific articles in peer reviewed publications and numerous book chapters on retinal diseases. He reviews scientific work for journals for 5 of the major ophthalmology and retina subspecialty publications. He is an active member of the Macula, Retina and American Society of Retinal Specialists (ASRS) and the American Academy of Ophthalmology (AAO). He has been an invited speaker at the AAO Retina subspecialty day meeting. He served as the editor of the popular Preferences and Trends (PAT) Survey for the ASRS from 2005-2013. He is a recipient of the Honor Award of the ASRS and the Honor Award of the AAO. Dr. Mittra has served as associate examiner for the oral examination of the American Board of Ophthalmology, a part of the process by which young ophthalmologists become board certified. Dr. Mittra has been named the AAO representative for the FDA Dermatologic and Ophthalmic Drug Advisory Committee.

Dr. Mittra has been active in the local ophthalmic community in Minnesota as well. He has served as the state director for the Eye Injury Registry and was the Vice-Chairman of the Phillips Eye Institute in Minneapolis from 2007-2008 and the Department Chairman in 2009. He also served on the board of the West Metro Medical Society from 2008-2010. He has been involved with teaching the residents at the University of Minnesota and is co-chairman of the VRS Retinal Fellowship, a two year intensive medical and surgical training for ophthalmologists specializing in vitreoretinal surgery. Dr. Mittra has gone on several international outreach trips to teach local retina specialists in other countries and perform surgery on indigent patients.

Dr. Mittra continues to maintain a keen interest in continuing to improve the success and delivery of treatment for several blinding conditions affecting the back of the eye including retinal detachment complicated by proliferative vitreoretinopathy and exudative macular degeneration.

In his limited spare time Dr. Mittra enjoys golf, squash, hiking, and travel.