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Dr. Sobel is originally from Florida. She received her bachelor's degree from Harvard University and her medical degree from University of California at San Francisco. She completed her residency training at the Wills Eye Institute in Philadelphia and then a two-year oculoplastics fellowship program at the University of Iowa Hospitals and Clinics. Prior to joining Vanderbilt Eye Institute, she was director of the division of Oculoplastics and Orbital Surgery at Boston Medical Center/Boston University where she was an assistant professor and taught medical students and residents. Dr. Sobel has been a medical columnist for the Philadelphia Inquirer and US News and World Report. She has contributed to NPR and New England Journal of Medicine and is an active contributor to scientific publications. She is board certified in Ophthalmology and a member of the American Society of Ophthalmic Plastic and Reconstructive Surgery. Dr. Sobel is an award-winning educator as well as an active member in the education section of the oculoplastic society.