Before joining the University of Missouri faculty in 2015, Jarstad was CEO of Evergreen Eye Center (one of the largest eye surgery groups in Washington state) and served as 2000–2001 president for the Association of Washington State Eye MDs At MU. He continues to help patients with glaucoma, cataracts and other vision problems. Jarstad’s areas of expertise include laser surgery and treatment of poor vision with advanced lens implants. Additionally, he investigates the impact of vitamin B2 on eye disorders and migraines. His findings have appeared in Ophthalmology Management and other respected journals.

Jarstad also promotes best practices for surgical procedures. Among other findings, he led a study examining complications following cataract surgery. He demonstrated that, by using a pressure-measuring device called a tonometer — commonly found in eye clinics but not generally used in the operating room — surgeons could reduce the incidence of dangerous post-operative fluid buildup.

Over the course of his career, Jarstad has received many awards and recognitions. Notable honors include being named the Washington Academy of Eye Physicians and Surgeons’ Humanitarian of the Year and being listed among the nation’s top 15 leaders in laser eye surgery by Newsweek.

Dr. John Jarstad is an associate professor of clinical ophthalmology and director of cataract and refractive Surgery in the School of Medicine.