

## Time Gentlemen, Please

The Holiday season, whether celebrated in a religious or sectarian manner, is a family time of year. One's victories and defeats as a researcher, clinician or teacher are not the basis on which your value as a member of your family are calculated. Long after one's greatest contributions to the profession are eclipsed by someone younger and brighter, the kids or grandkids will remember the day at the toboggan hill or help with their school projects. Recent articles in the medical press have focused on the reduced hours of younger physicians compared to their older, predominantly male counterparts. Gentlemen have traditionally spent 65 or more hours a week in their practices and this does not leave many waking hours for the pursuit of other facets of life. Changes in the overall work habits of newer doctors are being attributed to the increasing numbers of females in the profession wanting to have more time for family life. If this is so, then it is proof once again that women are smarter than men. Let us not forget that women physicians also spend more time per patient and have higher satisfaction ratings by patients.

The upside to this humanization of medical practice may be less work in the future for the "Physicians at Risk" helpline and the Provincial Colleges' complaints committees. The downside is even longer waits for access to rheumatologic care. The Canadian Rheumatology Association (CRA) has initiated and supported many activities to attract younger physicians to the profession. The bulge of baby boomers will retire within the next five to 15 years. There is likely to be a deficit in the absolute numbers of arthritis specialists unless there is a sudden and unexpected boom in new trainees. A major challenge for the CRA and other medical organizations will be how to keep our members still practicing and not opting for "Freedom 55" at the condo on the beach. Opportunities to slow, but not stop, one's practice or to travel to do locum tenens for other rheumatologists wanting to spend more time away from their work should be explored nationally. Keeping education fun and exciting, rather than a threat to one's professional existence (in the form of 400 hours of mandatory Royal College Maintenance of Competence [MOCOMP]), may also help to keep experienced rheumatologists working a little longer.



*Left to right: Dr. Carlos Pineda, Dr. Jamie Henderson, Dr. Francisco Rosas, Dr. Michel Zumner, Mrs. Lanvin, Dr. Manuel Lanvin, Dr. Gunnar Kraag*

In this issue of the *CRAJ*, we celebrate and congratulate rheumatologists who have interests outside of medicine and demonstrate how to live well and survive the trials and tribulations of life as a physician. The Fickle Finger of Fame Award goes to ... (see for yourself on page 12)!

The young rheumatologist is advised to read the reports on how rheumatology is thriving in the attractive communities of Thunder Bay, Saskatoon and BC's "Lotusland" (pages 18-22). John Hanly has a "help wanted" section for those wanting a university paycheck (page 14). Arthritis Centre reports from the University of Alberta and the University of Western Ontario (page 23), the always active CRA and CPRA events (page 13) and The Arthritis Society strategic plan by the CRA's man inside the committee rooms, Art Bookman (page 10), round out the news.

We are honoured to have an interview with our esteemed colleague, Carlos Pineda, the President of the Mexican College of Rheumatology (page 4). Many of the same issues that we face as rheumatologists in Canada are of concern to our colleagues in Mexico. We can share ideas and solutions when we meet together at Cancun in February 2006. Our President, Michel Zumner and Vice President, Gunnar Kraag send forth snowy holiday greetings to all (pages 8-9). On behalf of the staff and editorial board of the *CRAJ*, Happy Hanukkah, Merry Christmas and all the best for a healthy and happy 2005.

*– Glen Thomson, MD, FRCPC  
Editor-in-Chief, CRAJ*