

Doc Talk

Get to know your peers in Doc Talk, CME's new interview department! Join us every month as we talk to physicians across Canada about their careers, their lives and... their quirks.



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Based in:
Manotick, Ontario

Medical special interests:

- Sports Medicine
- Travel Medicine
- Medical Business Administration
- Training International Medical Graduates

Other information:

- I am a medical writer for *Metro Ottawa* in a weekly column
- I sit on the medical editorial board *Wellness Options*
- I am a peer assessor for the College of Physicians and Surgeons of Ontario
- I am a peer reviewer for the *Canadian Family Physician*

Interesting facts:

My 12-year-old son gives me his hand-me-down sneakers, my five-year-old daughter gives me her old gum and my two-year-old son gives me his blankie.

1. Do you have a life philosophy

Custos Mens Sano Corpore Sana (custodian of a healthy mind in a healthy body). This is the motto of the Kingsway Health Centre, our medical clinic.

2. Who would play you in a movie about your life?

Jack Nicholson: "You want the truth. I'll give you the truth."

3. What song would you choose as your personal theme song?

Haunt me by Sade Adu from *Stronger Than Pride* (1998):

In my dreams
If you please
Your breath is with me now and always
It's like a breeze
So should you ever doubt me
If it's help that you need
Never dare to doubt me

4. What is your most memorable moment as a doctor?

After working as a doctor for a few years, I had had only a few deaths among my patients. Once, I received an obituary in the mail noting my name as the physician that "... gave mother a few extra years of care and attention in her home, so her last years were peaceful and happy." It makes it all worthwhile.

5. What is the least enjoyable job you've ever had?

I started working at the early age of 10-years-old stocking shelves at a convenience store, collecting bottles and garbage, shoveling snow, delivering newspapers at 4 a.m., cutting people's lawns, working at a pet shop, waitering,

selling shoes, tutoring students and so on. But, my worst job of all time is driving long distances. I get really sleepy.

6. If you could have 15 minutes of fame, what would you be famous for?

Walking onto centre stage in Stockholm, Sweden to accept the Nobel Peace Prize (okay a guy can dream). I'll probably end up being known for the IgNobels.

7. Do you prefer to sing in the shower or in the car?

In the car for sure. Traveling with the top down singing *Let's Go Crazy* by Prince's *Purple Rain* Soundtrack. Remember, I get sleepy, so I turn it up loud!

8. Vacations: under the stars or a five-star hotel?

A five-star hotel. It means no worries. We work so hard as doctors; it is time to spoil ourselves.

9. What's the best piece of advice you've ever been given?

Dr. Bob my mentor and whose practice I took over in Toronto told me: "Everyone is someone's father, mother, brother, sister or child. Treat all your patients as your own family."

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Want to be interviewed?

If you'd like to talk to our readers or would like to nominate a colleague, feel free to contact us at cme@sta.ca.

You could be next to appear in *Doc Talk*!