

# Doc Talk



**Bruno Tremblay**  
MD, LMCC

Co-founder of the  
Clinique Médicale de  
Courville in 1979

#### Based in:

Beauport, Québec

#### Special interests:

Family Medicine

#### Interesting facts:

- I started medical practice in 1979 at 22 years of age.
- I like music, car racing, junior hockey, photography and travelling to other countries. All of these activities are so much fun to share with my wife Sylvie and my children, Anne-Sophie age 17 and Simon age 20.

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

#### 1. Do you have a life philosophy?

Always respect others and if you really want to achieve a goal, go for it!

#### 2. What is the least enjoyable job you have ever had?

While working a student job for a cement plant, I had to shovel red-hot cement sand from under the cylinders where the cement was heated. I had to dress myself to cover all my skin even though it was more than 50 C. Burning hot sand on the neck was not much fun.

#### 3. So far, what is your most memorable experience as a doctor?

Clinically, I recall one little girl who was crying because of a dislocated elbow. As I gently reduced her elbow, the immediate relief—including full movement of her arm—produced a look in her eyes as if I was a magician! It would be so wonderful if we could always cure so fast.

#### 4. Who would you get to play you in a movie about your life?

Johnny Depp because he can look serious, or really funny and my wife likes him so much...

#### 5. What song would you choose as your personal theme song?

Life's what you make of it by Talk Talk.

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

Definitely in the car. This way, I can have the whole soundtrack with me, instead of only singing acapella.

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### 7. What is the best piece of advice you have ever been given?

When I was six-years-old, my father taught me a valuable piece of advice. At the time, there was this boy that was always nagging and pushing around my friends and I. If we wanted to fight back, he would show us a huge scar that he had on his belly due to an abdominal surgery. He told us that it would be dangerous if we touched him. I went to my dad to ask him to stop that little boy from disturbing us, but my father told me to find a solution by myself. So, the next time that boy showed me his scar, I punched him as hard as I could right on it! As you could imagine, it resolved the issue definitively. In his own way, my father taught me that you should not always count on others to solve your problems.

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

I'm pretty much more for an any-star hotel, as long as I am near the city and have full comfort at night. This way, I can get a good night's rest that is needed to be fully active during the day.

### 9. What do you wish you had known 10 years ago?

The winning lottery numbers for those 10 years!

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## Wanna 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](mailto:cme@sta.ca).

You could be the next to *Doc Talk*!

