

# Doc Talk

New!



**Katherine JM Abel**  
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Leduc Community  
Hospital & Health Centre

## Nickname:

Kasia

## Based in:

Leduc, Alberta

## Special interests:

Family practice  
Operating room assistant  
Emergency room  
Subacute care  
Prenatal care

## Interesting facts:

- I completed my Bachelor of Science at the University of Victoria in British Columbia.
- I attended the University of Alberta for medical school and completed my MD program in 2002.
- I completed my Family Medicine residency in 2004.
- I am now working full time in group practice in Leduc, Alberta.
- I have been appointed Clinical Lecturer at the University of Alberta, Faculty of Medicine and Dentistry.

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. If you weren't a doctor, what other profession would you choose?

I've thought about this a lot. Some days, I'm desperate to do something else, and other days I really can't imagine doing/being anything else. Being a doctor at times isn't something that I just do, it's who I am. But I would consider being a mail carrier! It would be great exercise and I would become best friends with all the dogs on my route! Any job where I could exercise and get paid for it, would be great.

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

Sadly, of these there are many. Of course, I don't like having to tell people bad news, or having to console grieving family members. The recurrent unpleasant task that I seem to be confronted with, perhaps much too often, is examining patients' stool samples that they have brought in for inspection... why they bring this in, I'm not sure.

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

By far and away, the best part of my job is really getting to know the people that cross my path. There is nothing more interesting than folk! I have so many great stories, both of life and death, humour and irony, that it is hard to pick just one memory that stands out. Certainly one that I do remember is a delivery where the parents were fully expecting a boy and got their biggest surprise, by getting a girl. The delivery was very smooth and my job really was a delight, as I was able to see their joyful reaction to their new daughter.

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

Truthfully, I really hope there is never a movie about me. There would be no dramatic car chases or big explosions or anything! A movie about me wouldn't sell many tickets.

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

Oh, if I had a penny for every piece of advice that's been given...notably, "see one, do one, teach one" or "sleep when you can, eat when you can, oh and pee when you can." Truly though, the best advice that was ever given to me was probably by my mum. One day, when I was trying to figure out what direction to go in, or what decision to make, she said: "you tend not to regret the things that you do, but more so the things that you didn't do." I find I use this a lot when making tough decisions.



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### Stay Tuned...

Join us next month  
as we *Doc Talk* to  
**Dr. Bruno  
Tremblay**  
who is the co-founder  
of the Clinique  
Médicale de Courville,  
Beauport, Québec.

#### 6. What do you think about reality TV?

I have to say that some shows really are great. I don't watch much TV (too busy I guess), but I can't stand to miss *Survivor*. The *Amazing Race* also has it's moments. The rest of the shows...well, love to hate 'em.

#### 7. Given the choice between Alaska, Figi and the Outback, what place would you make your second home?

Well, given that I've never been to any of these places, it's a tough call! My second home is my parent's cabin on the West Coast. I wouldn't trade it for the world. The ocean breeze, the beautiful sunsets and well—no phone, no pager, no fax, no charts, no labs, no messages, no post-its, no call backs, no laundry...you get the picture! I would love to visit Alaska though. I have seen some great pictures and documentaries that make it look pretty spectacular.

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

Likely, the art of procrastination.

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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*!