



Ricardo Gomez Angel Unsplash

Hello everyone,

Hope we all enjoyed some rest and relaxation over the hot summer. Even in England there was only one occasion when I couldn't feel my fingers. A record!

Now the kids are back at school, Halloween costumes are in the stores and it's starting to look a lot like fall.

September is Physician Wellness Month at the CMPA. Info [HERE](#) Link to webinar [HERE](#)  
The Sept/Oct issue of **Alberta Doctor's Digest** focuses on physician burnout.  
Not available at time of writing but will be on the website or in your inbox when published.

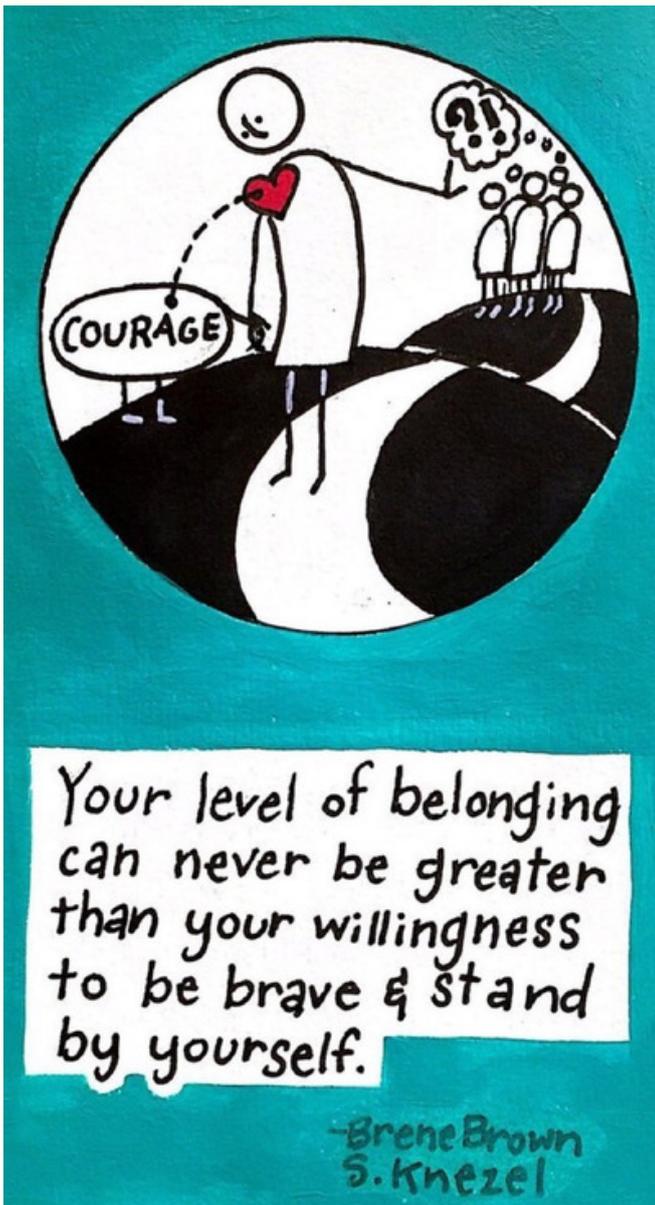
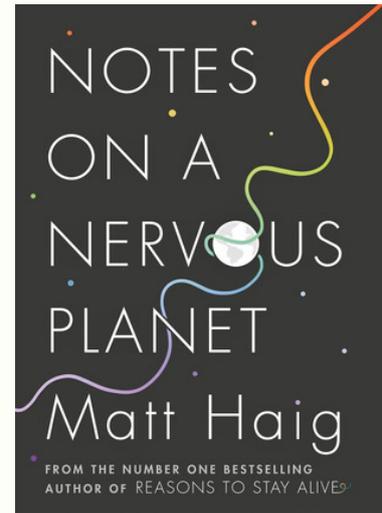
The **International Conference on Physician Health** is in Toronto Oct 11-13. Details [HERE](#)  
I plan to live Tweet from the meeting, but as most of you don't follow maybe you should just attend in person!

Dr Michael Myers speaks about physician suicide on The Physicians Road podcast [HERE](#)  
Just ignore the annoying first 60 secs of ads, Dr Meyers is a true expert in the field.  
I hope to meet him at the ICPH meeting.

## How to be happy

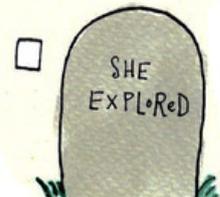
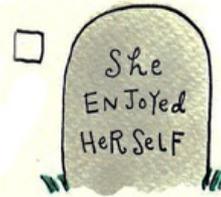
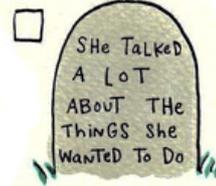
1. Do not compare yourself to other people.
2. Do not compare yourself to other people.
3. Do not compare yourself to other people.
4. Do not compare yourself to other people.
5. Do not compare yourself to other people.
6. Do not compare yourself to other people.
7. Do not compare yourself to other people.

Matt Haig



bymariandrew

CHOOSE ONE:



**"I truly believe that the only way  
for us to feel less isolated and alone  
is to share our stories with others."**

Anon.



### **London, England. 1985**

A quiet Sunday afternoon on the ICU at St. Mary's Hospital, Paddington.  
Hour 56 of 72 hours in house call for the anaesthetic registrar.

*The chaplain pops onto the unit and chats with the nurses.  
She dare not join in for fear of sobbing out loud.  
How can no one, not even the chaplain, hear the screaming in her head?  
How can her distress not be obvious to everyone?*

She has no lines, no language, no one to turn to. She does not know what to do.

She cannot see a future and imagines leaving the hospital and running into oncoming traffic.

### **Edmonton, Canada. 1999**

Monday morning in a house badly in need of renovation.  
Day 1 of a week vacation from her staff anesthesiology job.

*She sits on the couch as tradesmen measure the windows.  
She cannot stop crying.  
Her husband is embarrassed and frustrated, he has no idea what to do.  
She knows the number to call but is utterly incapable of picking up the phone.  
Her husband dials for her.*

She sees a physician and reluctantly starts antidepressants.  
Takes 2 weeks off work and stays on meds for 2 years.

She cannot see a future and imagines leaving medicine.  
Not for the first or last time.

## Edmonton, Canada. 2015

An October evening at her in-laws home in Edmonton.

*She is fighting with her husband who thinks she's depressed.*

*And made the mistake of telling her so.*

*She is angry and denies it.*

*It's just the stress of the stupid house reno, staying at his parents place ...*

*And actually, he's the one with depression, remember?*

Then she realizes that she has zero interest in Xmas this year.

She cannot see a future.

But she can and does see her brilliant family doctor and starts back on her meds

I still think about stopping them. Even last week. But I don't.

Because I have a husband, family and friends to love and a life to live.

A job to share, newsletter to write, rounds to give and a lot to Tweet about  
shame, stigma and silence in medicine.

And let's not forget Iris my Clown - who can't play without me!





Found on Twitter!

I contacted the UK anaesthetist who posted it, but he didn't know where it came from.  
I want one!

Next meeting of the "Wizards!" aka **GAS Cafe** is **Wed 3rd October**.

Just to mess with your mind (sorry Dr Klassen!)

Gas Cafe is always a drop in event 1900 - 2100 at Square One Cafe, 15 Fairway Drive NW.

I am alternating days to hopefully make it easier for people to come.

**Wednesday** 3rd October

**Tuesday** 6th November

**Wednesday** 5th December

At the Sept Cafe we wished farewell and good luck to Dr Laurie Nadwidny who is moving to an anesthesiology position in beautiful Cranbrook, BC. Hope they know how lucky they are.

The Sleeping Beauties are planning a roadtrip next year for sure!

Thanks for the T shirt Laurie,  
love the message.

**INSPIRE**

**Together we can do anything.**





Tracy Savage @HelenWarlow

It takes courage to say YES to rest and play  
in a culture where exhaustion  
is seen as a status symbol.

Brene Brown

The US Council of Emergency Medicine Residency Directors and others [HERE](#) have dedicated Monday September 17 as **Physician Suicide Awareness Day**. The UK is also marking this date and I have advocated for Canadian physicians to do so.

I know that many of us live with grief and loss due to physician suicide every single day. We don't need a specific date to remember. But maybe on Sept 17 we could **Remember**, **Reflect**, and **Resolve** to break the silence. Because silence will never break down stigma.

I respectfully offer this in loving memory of our friend and colleague Dr Masaru Yukawa.

I loved my friend.  
He went away from me.  
There's nothing more to say.  
The poem ends,  
Soft as it began -  
I loved my friend.

Langston Hughes



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Thank you for reading  
All good things, Sue

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