



**Resident Physician of the Month  
September 2018**

**Dr. Lester Liao  
Pediatrics  
University of Alberta**

It's a special thing to practice medicine, and I'm glad to be a pediatric resident physician at the University of Alberta. Before entering medicine I studied psychology and philosophy and completed a Masters in Theological Studies. These disciplines have helped me appreciate what we do well but also what we do poorly. I like to think about the big questions in life. In my spare time I find myself reading through history and the humanities broadly and how they might help us live well today. I also enjoy most things related to Disney, Narnia, Harry Potter, and volleyball along the way. And there's nobody I would prefer to be on life's journey with than my lovely wife and two kids. I'm grateful to receive this award alongside the many other resident physicians seeking to make medicine a better discipline. Thanks to all!

**A colleague had this to say about Dr. Lester Liao:**

*"Lester is unique amongst the resident physicians I know. When we first met, his willingness to put the wellbeing of others before himself struck me. Even though he barely knew me, he went out of his way to encourage and support me through a difficult season.*

*His humility and willingness to mature further sets him apart. I notice that he intentionally surrounds himself with mentors who can speak into his life. This has enabled a healthy, balanced lifestyle with tremendous productivity.*

*For example, he is the Resident Lead for the Arts and Humanities in Health and Medicine Program and the Canadian Lead for the International Doctor as a Humanist Symposium. His work earned him two departmental awards last year alone. He is an editor for Health Ethics Today and his ideas/research have been published in NEJM, CMAJ, CMEJ, Medical Teacher, and Pediatrics and Child Health.*

*Lester also has a vibrant family life amidst his academic pursuits. He is married and has two children under the age of three. Every day he dedicates time specifically to play with and teach*

*his children after work. In addition, he attends community events weekly and has given public talks on work, life, and ethics.”*

**Congratulations Dr. Lester Liao!**