



Congratulations Dr. Allison Mah

PARA's July 2014 Resident Physician of the Month



PGY 3, Core Internal Medicine, University of Alberta

Allison Mah is originally from Red Deer, Alberta and completed her medical school training and three years of Core Internal Medicine at the University of Alberta. This July she and her husband are moving to Vancouver to begin their subspecialty training where Allison will be starting her Infectious Diseases fellowship. During residency, Allison started an Internal Medicine Resident Wellness Committee which plans events for Internal Medicine residents and provides education about other available supports. In her spare time she plays soccer with a rec league team with other residents and gets together with friends. Allison and her husband often spend time walking or running in the river valley, watching "House of Cards" or going out to one of Edmonton and now Vancouver's great restaurants.

A colleague had this to say about Dr. Mah:

"Allison is in her third year of Core Internal Medicine and throughout residency has been a role model for professionalism and patient advocacy. I am grateful for her influence on our program and she is truly deserving of recognition for impact on resident well-being. She is responsible for the creation of an initiative to improve resident quality of life through resident wellness groups and activities to promote collegiality and community. I am thankful to be able to call her not only a colleague but also a friend and will miss her conviction, selflessness and humility when she moves to Vancouver to complete her fellowship in Infectious Diseases. Allison is also a loving wife and who balances her demanding career as a physician, educator and researcher with an active lifestyle which includes soccer, swimming and yoga. She is avid traveler, activist and all around somebody who just wants to make the world a better place in whatever way she can."

**NOMINATE someone you know for the
RESIDENT PHYSICIAN OF THE MONTH Award**