

Faces of PARAdime



**DR. TAMARA
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Medical School
University of Toronto

Residency
University of Calgary

Specialty
General Surgery

PGY
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WHAT ATTRACTED YOU TO MEDICINE?

I was initially attracted to medicine because I love working with people. Medicine is such a team sport. You need to work with other physicians, interdisciplinary teams, your patients and their families in order to provide good care. Medicine is a field that requires you to challenge yourself constantly and to learn something every day.

WHAT ATTRACTED YOU TO YOUR SPECIALTY?

I love the diversity of general surgery and the challenges associated with surgical decision making. And of course I love the operating room!

WHAT IS THE MOST REWARDING PART OF YOUR RESIDENCY TRAINING?

For me, it is very rewarding to be able to see how quickly we learn and grow as physicians during residency. Every rotation is an opportunity to gain medical knowledge and surgical skills. One of the most rewarding parts of my day is helping patients better understand their illness and become advocates for their own health. I also love being able to make people feel better - like taking out their appendix when they have appendicitis and then getting them home the same day!

WHAT DO YOU FIND THE MOST CHALLENGING IN YOUR RESIDENCY TRAINING?

One of the most challenging parts of residency is finding balance. There are lots of things I want to do and I have to remember to step back and set realistic goals and priorities for myself. This ensures that I stay healthy and happy in my life both inside and outside the hospital.

WHAT ENERGIZES YOU OUTSIDE OF RESIDENCY?

I play field hockey, swim, ski and occasionally attend a spin class. I find staying active keeps me feeling energized. Having friends and family outside of medicine keeps me well balanced.

WHY DID YOU WANT TO GET INVOLVED WITH PARADIME?

Every day as physicians we see patients whose health is affected by their social situation - patients who cannot afford their medications, adequate housing and who are not privileged with food security. I believe it is our responsibility as physicians to help decrease the barriers to good health and to minimize the health inequities that exist in the communities that we serve. My motivation to help with PARAdime comes from my desire to be a part of the change that improves the health of people in our community.