



DR. SHEHZAD KASSAM

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PUBLIC HEALTH &
PREVENTIVE MEDICINE
(WITH FAMILY
MEDICINE)

What attracted you to you to medicine?

Medicine was on my mind from a young age due to my fascination with the human body, but as I grew up, my interests in pathophysiology faded and switched over towards the social determinants of health. It was shocking to see how little health care systems impact our health and no matter what path I take in this field, my efforts would always expand outside the clinical encounters to understand the individual, family and community.

What attracted you to your specialty?

My specialty is the most flexible specialty, in my opinion, and was the reason I applied to medical school in the first place. It's a program where I can gain the clinical competencies of a generalist family physician, develop skills within academia during my master's program and address issues affecting populations through public health rotations. Most health issues should be tackled through primary care and preventive health initiatives and I'm lucky that this specialty will let me do both.

What do you find the most rewarding in your residency training?

Meeting other resident physicians and going through this journey with them! Also having independence to impact someone's life so drastically, but knowing that we have a safety net as learners.

What do you find the most challenging in your residency training?

Off-service call...I would happily pay back the call stipend to not do some of those shifts!

What energizes you outside of residency?

Of course, spending time with the people I love most (partner, friends, family). Beyond that, my life seems to revolve around playing squash and basketball, watching The Office and dabbling in culinary arts. When finances and time off permits, travelling is the go-to.