



DR. SARPREET SEKHON

U OF A • INTERNAL MEDICINE

What attracted you to medicine?

Since a young age, I have always been passionate about sciences – a foundation I owe to my many amazing mentors and teachers. I knew that I would want to develop this interest further but in a way that would allow me to contribute to community service. I had the opportunity to see how these two areas intersected in medicine when I began working with physicians to organize medical camps in India and volunteering at local hospitals. Seeing the degree of global health disparities, opportunity for education and central role of compassion in providing care both globally and locally, provided me with a deep sense of purpose that guided me to this career.

What attracted you to your specialty?

Internal medicine appealed to me for its detail-oriented nature, comprehensive approach at all organ systems and collaborative style. Furthermore, organizing various community health initiatives and workshops in medical school allowed me to gain a greater appreciation for the impact of chronic disease management and education on patient wellbeing. Being privileged to have worked with many great internists and research mentors that embodied this approach and these values drew me to pursuing this specialty.

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

Perhaps the most rewarding aspect of residency thus far has been the opportunity to be a part of the care of patients from all walks of life and along the entire spectrum of illness. Seeing patients at their lowest point and being able to make measurable real changes to their health and quality of life has been truly humbling. Being able to do this alongside outstanding colleagues that continue to inspire me every day has made this challenging experience even more rewarding.

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

With the intensity of residency and the constantly evolving field of medicine, I think we all, at times, have found it challenging to maintain work-life balance. Although this is an aspect that I work on constantly, I am thankful to be able to spend time outside of residency, whether previously in-person and now virtually, with family, friends and colleagues!

What energizes you outside of residency?

Definitely playing basketball and hockey, hiking and spending time with family and friends – eagerly awaiting the return of all these things post-COVID! I also enjoy playing various instruments, including classical Indian tabla & dhol, guitar as well as bhangra dancing (a Punjabi dance form).