



“Have the self-awareness to know when to take time to recharge, which is why I enjoy exercising or spending time with my family.”

Ronald D. Alvarez, MD

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“What sustains me through work challenges is advancing the care of women. I always go back to that. It is a battle extraordinaire, and I can see that even more clearly as chair of an OB/GYN department.”

Laurel W. Rice, MD

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“My husband sustains me through challenges the most. He respects the expertise I offer my patients--he is a physician also--the fact that our patients are sick, that I have a strong sense of responsibility to do my best to help them, and therefore, have to work hard.”

Eva Chalas, MD

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“I have spent a lot of time learning organizational skills and as my career has progressed, a key thing has been learning that it is okay to say NO!”

Carol L. Brown, MD

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“Administrative overload—EMR, compliance, billing, even transcription/typing—is absolutely contributing to physician burnout as these pressures decrease the time we spend with patients, on education, on research or our families and really has limited value.”

Susan Modesitt, MD

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“I feel our loved ones bear the brunt of stress/ burnout and unfortunately there are no rules for professionalism with regard to them. They are also the most understanding.”

Saketh Guntupalli, MD

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“In a nutshell, select your partner wisely, be engaged socially, get physical activity, and have interests outside of medicine.”

Jeb Brown, MD

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“I’ve learned to selectively say no to some opportunities to allow focus on what I’m passionate about professionally – that has helped me maintain balance and family life.”

William Cliby, MD

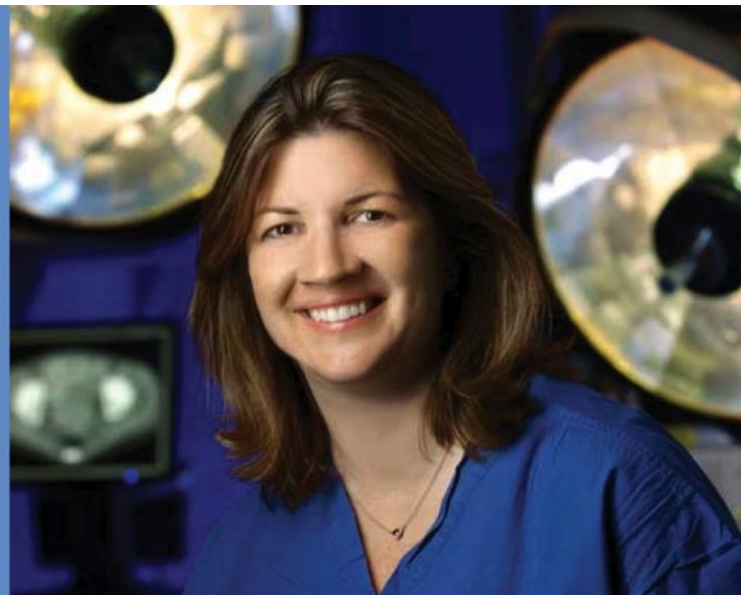
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“I genuinely feel better and more productive when I exercise in the morning and have an hour to myself before starting a hectic day. I’ve also made a commitment to adopting healthier eating and sleep habits.”

Amanda Nickles Fader, MD

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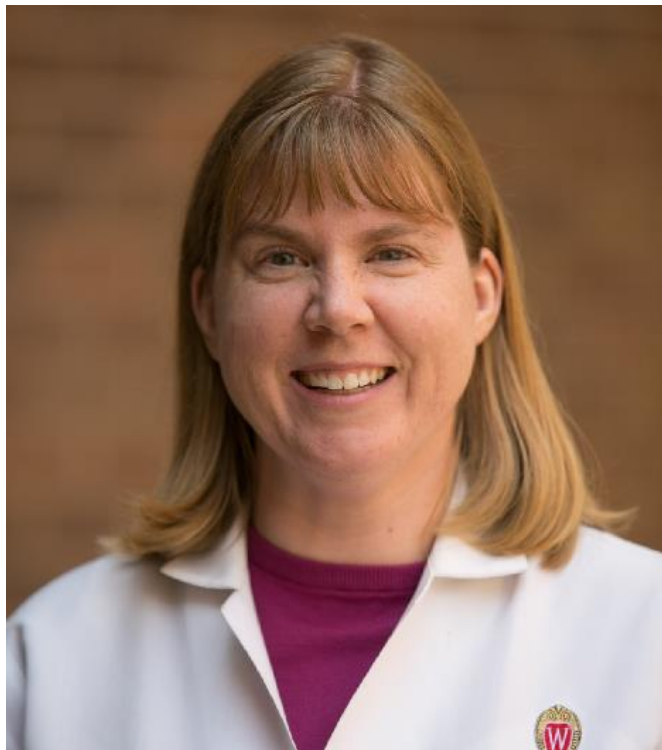


“I find more compassion and inner strength when I actively work on being mindful in my day to day activities. ”

Bobbie Gostout, MD

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“We need reminders to pause
and take breaks and to refresh.”

Joanne Rash, PA-C

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“Don’t shoulder the responsibility for difficult decisions alone—share the responsibility with your colleagues.”

Max Austin, MD

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“Most of us have not received formal training to deal with the stressors related to patient care, needs of our families, and the demands put upon us as physicians. Working harder and faster is not sustainable and places us at risk for burnout. ”

David Kushner, MD

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“Our youngest members are among the most professionally gifted of any segment of the medical profession. Appreciate this, preserve this, and continue to advance our sub-specialty.”

Larry Copeland, MD

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“One of the greatest fringe benefits of being a gynecologic oncologist is learning from our patients that every day is a gift and they should all be celebrated.”

Beth Karlan, MD

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“SGO can play a role in pulling this all together: Understand the stressors, devise interventions, help to protect this rewarding career.”

Jeffrey Fowler, MD

#SGO2015
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“We have to find a way to support women so that we can be successful on timelines that better match all of life’s demands.”

Emily Hill, MD

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“Deemphasize velocity.
Life is too fast.
Deemphasize money.
You will have enough.
Deemphasize power.
It is always corrupting.
Deemphasize honors.
They will not bring enduring joy.”

Leo Lagasse, MD

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“The mindfulness/resiliency movement has been valuable in helping us understand that one is not alone and the mind can be trained to keep a proper perspective.”

Andrew Berchuck, MD

#SGO2015

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“When I can identify work stressors, it helps me compartmentalize them and focus in the moment on what I love about GYN oncology: providing care for women with complex gynecologic malignancies.”

Taylor Turner, MD, MS

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“I know I can’t do everything,
so I just do one or two things
every day.”

Barbara Goff, MD

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“

I think particularly for mentorship it is important to emphasize not just academic growth but work/personal life balance. All of those aspects of wellness are important too.”

—*John Curtin, MD*

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“

Treat patients like they
are your own family.”

—*Amir Anthony Jazaeri, MD*

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“

The unique opportunity we have to care for these women allows me to stay grounded. I find their courage inspiring.”

—*Marcela del Carmen, MD*

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When SGO talks about wellness it normalizes it and brings a subject like this into the discussion. Building it into the curriculum at meetings or elsewhere makes it start to sink in.”

— *W. Jeff Lowery, MD*

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“

The key is the quiet, no cell phone or laptop... Taking time totally for yourself, not having to talk to strangers—taking time really for you and no one placing demands on your time.”

—*Kerri S. Bevis, MD*

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