

dear residents

Medicine, Transitions, and the Weight We Carry

June 15, 2025

Dear Residents,

Happy Father's Day!



My Father, in 1953, as a young Orthopedic Surgeon –1920-2013

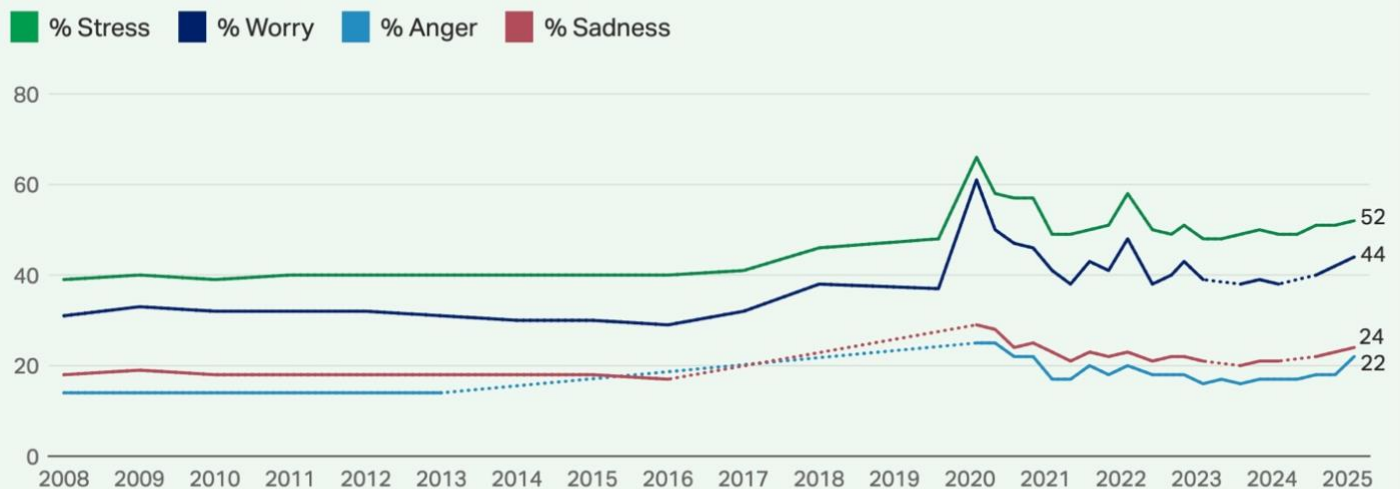
Next week, we welcome our newest family members. I appreciate your warm welcome and assistance in showing them the ropes. It's also an opportunity to celebrate and bid farewell to our graduates. Each graduate leaves a lasting legacy, and the program honors and remembers their achievements and contributions. Additionally, we bid farewell to Dr. Dale Okorodudu as he transitions from an associate program director to a faculty member, but his dedication to teaching remains unwavering.

For graduating students, please complete the exit survey you should have received. This survey helps us identify the most pressing issues that need to be addressed. I'm already working to reduce and streamline some of the administrative burdens you face, such as the numerous mandatory compliance requirements and the periodic renewals of various certifications. I've urged the GME leadership to convene a task force to investigate the frequency, cadence, redundancy, and relevance of the tasks assigned to you. I've been reassured that this is a GME priority.

I would be remiss to overlook the **stress and anxiety** that global conflicts engender. This week, another one commenced. The world is intricately interconnected, meaning that no event, no matter how distant, will fail to impact us all. Moreover, the constant stream of information we receive is overwhelming. This starkly contrasts to how our brains are wired, which were designed to (at most) manage the commotion of the savanna. [Gallup polls](#) reveal a concerning rise in stress and worry levels among US employees.

U.S. Employees' Daily Negative Emotions

Did you experience the following feelings during A LOT OF THE DAY yesterday? How about [stress, worry, anger, sadness]?



Note: This chart includes interpolated data, shown as dotted lines, to connect some of Gallup's trended data points.

[Get the data](#) • [Download image](#)

GALLUP

Lean on your loved ones, who best understand you and can validate your feelings, for they are better than mindful meditation (although it's truly beneficial) and any medication (even though these can be helpful). Within our residency, you have **circles of connections**, including your closest friends, firm mates, and the residency as a whole. I hope you are sharing any burdens you experience, and I am here, along with the entire support team for the program. As Dr. Adam Brenner wisely said, "No one should suffer alone."

Medicine is tough business. We put on a brave face, we are primed to face and respond to poop, pee, pus, perspiration, prolapse, palpitations, pain, and paranoia. We carry some of this home with us as it shapes and reshapes who we are and what we care about. There is a weight to all of this.

I'm proud of you for your work, persistence, and spirit of service. I understand that you need a lot of support as you navigate this space and respond to both what's expected of you and what you expect of yourself. Please keep the lines of communication open.

Warm wishes for the week ahead and safe travels to those who will be departing.

Dino Kazi