

A SOLID GOLD CAREER



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Inspired
by my
Mom
a nurse!

IN FAMILY MEDICINE,
we take care of the
WHOLE FAMILY

My medical
co-workers become
FAMILY

BIOLOGICAL
FACTORS

PSYCHO-
LOGICAL
FACTORS

SOCIAL
FACTORS

FIGURING
OUT HOW TO
TREAT
Simon Biles

HOLD
HOPE
FOR
OUR
PATIENTS

I love the
CONNECTION!
To support
patients &
their families

I try to inspire
my patients, too.

What I like about
family medicine—
there are so many
areas to explore

BE MINDFUL
of your energy

1 CONNECTION
is EVERYTHING

2 FAILURE is
NECESSARY
and a valuable
lesson

3 NEVER TAKE
"NO" for an
answer.
When you
have to, PIVOT

4 MENTORS HELP
LEAD THE WAY

5 LIVE IN THE
MOMENT

6 SELF CARE
Find out what
fills you up

Recognize
your
successes

Care for the patient
WHO IS IN FRONT
OF YOU.

As a minority,
I WANT TO INSPIRE
young students
and doctors

WHICH MEDICAL CAREER?
• Figure out
your WHY
• Also, it doesn't
have to be
FOREVER...

RISK
HOW TO DEAL?

TALK TO
MENTORS

DO THE
TASKS
THAT MAKE
YOU CONNECT

We have more
on this topic!

