

TO MAINTAIN OR SUSTAIN

# A THOUSAND CUTS



DISCLOSURES: I have no relevant financial relationships with ineligible companies to disclose.

Nor any eligible companies that I know of

I do own:



Ease into dark corners,  
locked rooms, unexplored  
hallways. Gain entry  
not by force or will  
but only by softness.

—DANNA FAULD



# “YOGA POEMS?”

- Can we do it **alone**?





Med School!

Resident Match!

BACK TO THE BEGINNING

Fellowship!

Graduation!



# I'M A SURGEON: NOW WHAT?

- Are you a **productive** surgeon?
- What's our **Product**?
- **Who do we work for?**





WHO'S HERE TODAY?

WHO WANTS TO BE HERE  
TOMORROW?



# FIRE!

- Financially
- Independent
- Retirement
- Eligible





HOW CAN A SURGEON SURVIVE?



# WELL, HOW ‘BOUT SOME YOGA?

### Benson-Henry Institute for Mind Body Medicine



Since 2006, BHI has been integrating the field of mind/body medicine into Massachusetts General Hospital's clinical care, research and training programs.

BHI accomplishes its objectives of integrated health care by:

- Documenting and furthering the understanding of Mind Body Medicine through research
- Providing treatment that reduces the physical and emotional impact of stress
- Training health care professionals, medical students, post-doctoral fellows, and educators

[Learn More](#)

\$700





Full Disclosure

I PRACTICE YOGA

Yoga won't cut it!



# SECRET SAUCE

- Create your Red Lines
- Don't cross them!
- Be ready to move!!





AUTONOMY NOT ANARCHY



“The currency of healthcare is **TIME** not dollars.”

– ME



# TIME?

- Not MORE time for everybody
- The **RIGHT** amount of time for each patient
- When I started at Kaiser - too much time...
- Then, not enough...



HOW DO WE RECLAIM  
OUR TIME?  
OUR PRACTICE?

RECLAIM TRUST



## MY GOALS:

- Stay Humble
- Stay Honest
- Stay Curious
- **Feel the Joy!**





I learned about  
Surgical **Humility**,  
by hanging out in Pain Clinic



Honesty

Are your chart notes complete Bullshit?

Be honest...

# Curiosity

WHAT THE HELL  
IS A ROUX-EN-Y?

What do your friends do?



THE WOLVES ARE AT OUR DOOR

“Nice clinic ya got there.  
Be a shame if something were to happen to it...”

- Private Equity



“Something needs to be done about UHG!”

- The DOJ

We must organize

Break the Silos!

Advocate:

for ourselves, our patients, our team

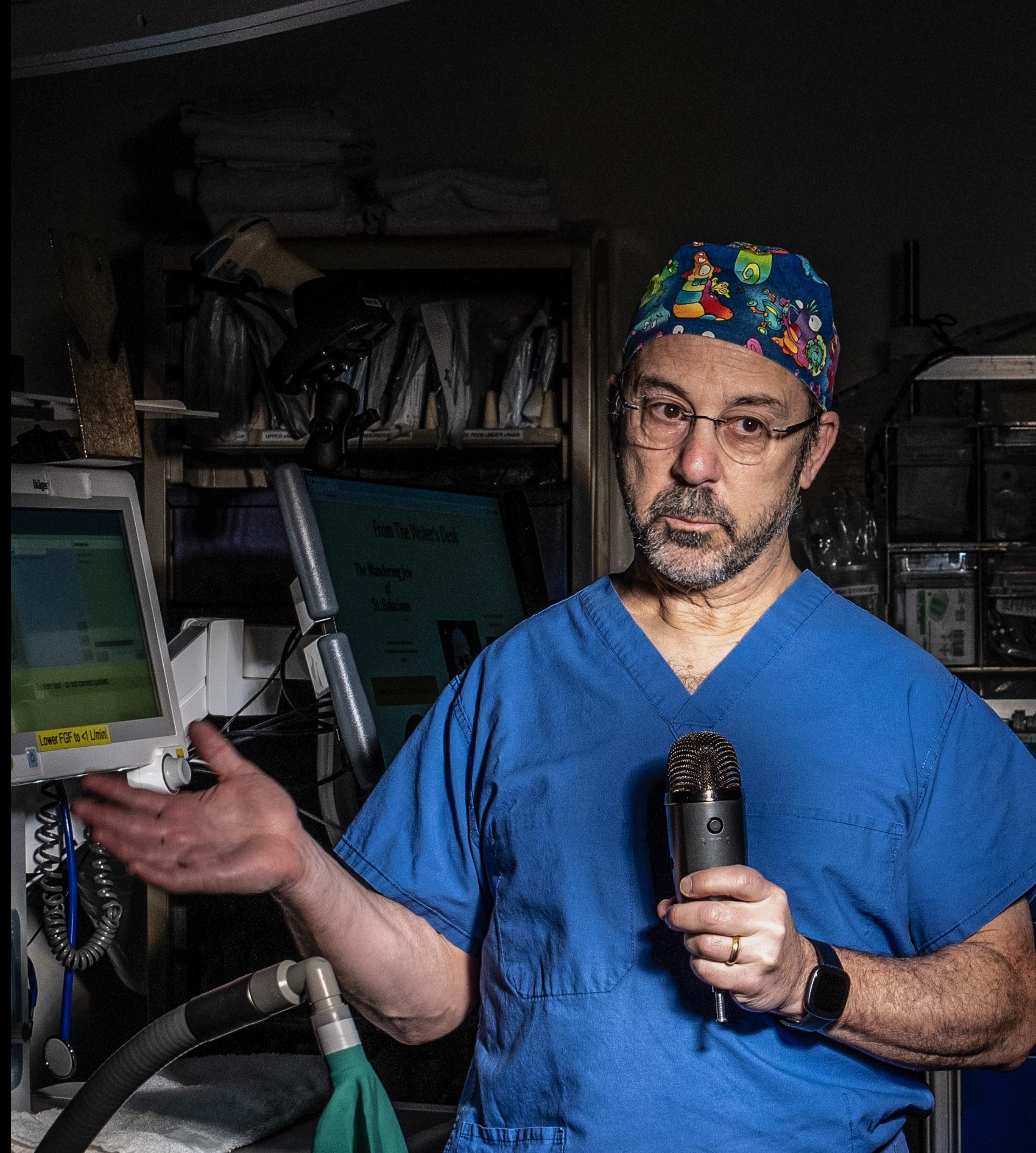






RON'S CAREER 1992 - 2022 RIP

# YOGA MATS AND CANCER





# WHERE TO?

- Start with you
- Attend to your team
- Attend to your patients
- Stay curious!
- **ORGANIZE** outside our specialties!





REMEMBER WHERE WE TREAD

# RARE AIR

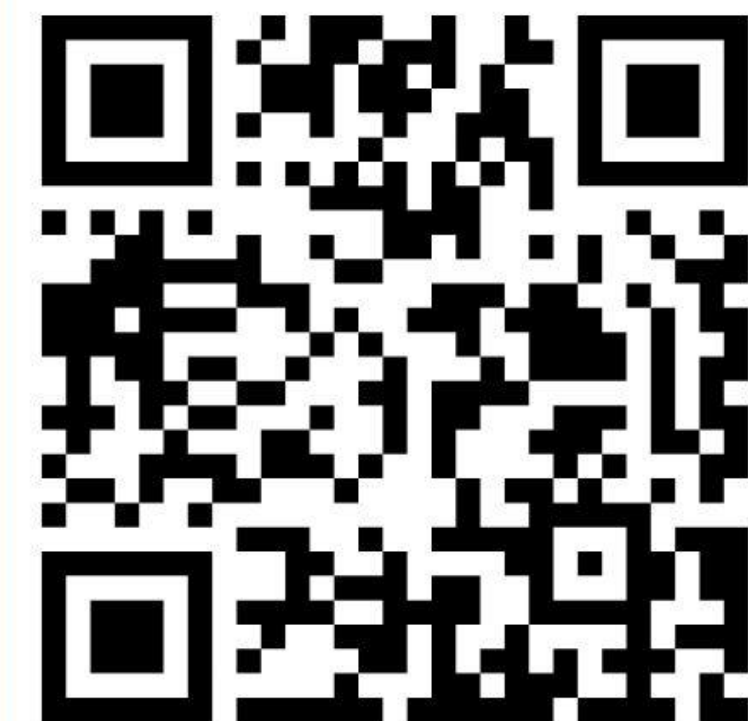




# WHERE CAN I FIND IDEAS / COMMUNITY



**People.Power.Health**  
#organizingforhealth



# A FEW GOOD ARTICLES:

Eyal Press: 2023 NYT



“Moral Crisis of America’s  
Doctors”

Wendy Dean - Simon Talbot  
2018 STAT:



“Not Burnout... Moral Injury”

McNamara, 2013: J. Emerg. Med



Financial Pressures and  
Inability to Advocate”



**Ron's Story**



**Moth Stage**

**Ron's**



**YouTube**