



# DR. GURKARAN SAROHIA

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OPHTHALMOLOGY

## What attracted you to medicine?

This is a question I always struggle with because there was never one single reason or experience that attracted me to medicine. It was a multitude of factors ranging from growing up in Northern BC where doctor shortages were always an issue, personal experiences with the health care system and because of the constant growth that medicine provides.

## What attracted you to your specialty?

I volunteered with CNIB where I mentored legally blind teenagers and helped them transition to adulthood by holding workshops in building resumes and preparing for university. As they began sharing their experiences of living with low vision, I became aware of the immense impact ophthalmologists had in improving their quality of life. At this time, I knew that Ophthalmology was a specialty I wanted to explore further.

As I learned more about the field during medical school, I realized that ophthalmology had wide ranging intersections with many other specialties such as Neurology, Rheumatology, Pediatrics and many more. The collaboration with so many other specialties, in addition to its unique blend of surgery and medicine, made me realize the impact that ophthalmologists have in patient care. Finally, the ability to serve patients in underserved areas of Canada and the world greatly attracted me to this speciality.

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

The most rewarding part of residency training is counselling patients. From personal experience, it can be overwhelming to visit a physician's office, given the many uncertainties and questions. With this in mind, I find it very rewarding to answer my patient's questions in an easily understood manner, where I often use an eye model to describe their disease process and show them how we will be able to help manage their disease. I love the ability to speak with patients in a thoughtful manner, where hopefully I have put their mind at ease having answered their concerns.

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

Finding work-life balance is something that is emphasized in my program. Residency is busy with commitments of clinics, on call requirements, presentations and research. Prioritizing time for family and friends is super important for me and I often find myself traveling down to Calgary or northern BC to visit friends and family.

## What energizes you outside of residency?

I absolutely love getting lost in the River Valley in Edmonton. Coming from northern BC, I've grown up with lush greenery and going there feels like home. Whether it is the green lush trees during the summer or the snow-covered trees during winter, I love walking through the paths at the valley.