



DR. MARIA POWELL

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RHEUMATOLOGY

What attracted you to medicine?

I have always been interested in human physiology and how the body works. I find great pleasure in interacting with people and hearing their stories. Medicine allowed me to combine these interests. It's a true privilege to be a part of a team that helps take care of people.

What attracted you to your specialty?

As a resident physician, I was very intrigued by the complex conditions that rheumatologists treat. Rheumatology, in its management of chronic disease, allows for the continuity of care and I get great satisfaction from building a therapeutic relationship with patients. The more time I spent in the rheumatology clinic, the more I knew it was the speciality for me.

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

When I was a fourth-year resident physician, I met a patient with lupus; she was a young mother that, for months, was debilitated by symptoms that prevented her from spending time with her children. She had seen many physicians before being referred to our clinic, but she had limited answers. We helped her get a diagnosis and started her on treatment. We saw her again just a few weeks later and she was overjoyed – she felt so much better! The most rewarding part of my residency training is getting to help people like this patient get their life back.

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

As a new mom, the most challenging part of residency is feeling like I can't do it all. Medicine is incredibly fulfilling, but also very demanding. Finding a balance has been very hard for me, but as with everything, we learn as we go.

What energizes you outside of residency?

Spending time with my family.