



DR. SUNIL SAMNANI

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INTERNAL MEDICINE

What attracted you to medicine?

I come from a region where I have seen health inequities, particularly between high versus low-income families. I was always keen to serve the underserved population. Medicine is a unique field where I found innumerable opportunities to fulfill my personal and academic goals. I feel privileged to be part of such a noble profession where I can assist others in their most vulnerable times.

What attracted you to your specialty?

Internal medicine is an appealing field where the complexity of cases and diagnostic dilemmas continuously stimulates thinking. I enjoy doing this and it allows me to unravel complex situations. I thoroughly feel rewarded and satisfied when my working diagnosis and management plan work best for an individual going through a difficult situation. It is a continuous learning process and working with awesome internists and my colleagues enhances my learning and skills every second.

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

The most rewarding part of residency is the therapeutic relationship with patients and the satisfaction of making a difference in their lives. I enjoy working alongside my colleagues and mentors, who inspire me every day and their supportive nature is also rewarding during residency's ups and downs.

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

Not every day is the same; some days are more challenging than others. Medicine is an evolving field and there will always be a need for continuous learning all the time. I try my best to learn new things every day but also make sure I spend quality time with my family and my kids, which is always wonderful.

What energizes you outside of residency?

Spending time with my family and kids motivates me. I have little twin girls and their smiles energize me. I came from Pakistan and learning new skills in Canada was an awesome experience. I enjoy skiing with my son. We go for bike rides as a family and enjoy exploring new restaurants. These activities are essential for a healthy work-life balance.