



DR. ALEXIS KATZELL

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FAMILY MEDICINE

What attracted you to medicine?

I always wanted to do something where I would be able to keep growing and gaining skills throughout my career and medicine is certainly the epitome of lifetime-learning. Being a doctor allows me to combine a love of learning with my desire to interact with people to create a career that is constantly challenging me.

What attracted you to your specialty?

Family medicine allows you to build a sense of community with patients that you develop over a lifetime. There is an amazing combination of continuity of care with diversity of practice. I love knowing that I can always change what my career looks like – whether that's day to day or year to year. I expect that 10 years from now my career will look completely different than it does right after graduation and I hope to embrace the adventure that offers.

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

Definitely the people I'm surrounded by! We all come from unique backgrounds and will eventually practice in many different areas, but have a common passion for exploring life in and outside of medicine. I truly believe that having your own passions allows you to be more present and invested in medicine and my colleagues embody this concept of work-life balance. It's inspiring seeing their commitment to their communities, family, friends and patients.

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

Diversity of practice can be both a blessing and a curse. Family Medicine requires a large spectrum of medical knowledge, which is often very different than what is emphasized in medical school. New presenting complaints rarely have a "clear" conclusion and history-taking is circuitous but vital. While we practice this in our home clinics, we can also be on-service for obstetrics, internal medicine, pediatrics and palliative care in a matter of a few months. I would love for other specialities to someday have the opportunity to rotate through family medicine as well!

What energizes you outside of residency?

Anything that can get me out of the house and moving on a day off. In the winter I take advantage of Calgary's proximity to the mountains to ski as much as medicine allows and in the summer I love playing and refereeing soccer.