

## July Resident Physician of the Month

# DR. BEN BELAND

Neurology

University of Calgary



I am a third year resident physician in neurology and am from Montreal. I completed both undergrad and medical school at McGill University. It's really great to be featured as the resident physician of the month!

Since moving to Calgary, I've picked up a few hobbies such as hiking and running, both of which I try to do with my dog, Leia.

A colleague had this to say about Dr. Beland:

*"I met Dr. Beland early in residency and quickly realized that he is an exceptional physician who goes out of his way to help his co-resident physicians, is actively involved to improve the quality of his residency program and is engaged in valuable clinical research, all while maintaining his work/life balance. After two years of residency, Dr. Beland recently changed specialties to join the neurology program. While I know this was an extremely challenging decision to make, Dr. Beland led by example showing other resident physicians that you should always strive to find the specialty that enables you to become an outstanding physician.*

*What makes Dr. Beland a truly outstanding resident physician is his collegiality, both within the neurology program, as well as across all specialties. I have never met anyone else with a more positive attitude in the middle of a long call shift, who can revitalize your mood for the rest of the night. Outside of the hospital, Dr. Beland is actively involved in organizing wellness events to get his colleagues into Alberta's outdoors or putting sense of humour into action by producing holiday rounds videos for the department of neurosciences, which helps us all momentarily forget about the challenges of residency. Somehow, Dr. Beland still has found the time to publish multiple peer reviewed manuscripts contributing to the advancement of clinical neurosciences.*

*Dr. Beland is an exceptionally well-rounded physician and an amazing co-resident physician, who deserves to be recognized for his outstanding contribution to the University of Calgary resident physician community."*

