

## **Example of Personal Statement for Family Medicine 2**

My path to medical school was filled with challenges. This adversity, however, has shaped my values, career choice of Family Medicine and future practice goals.

Growing up in a low-income household, it was one of my responsibilities to work to help my family financially. One of the jobs I held was in a walk-in clinic working as a medical assistant. I became aware of the difficulties of providing care on a walk-in basis – patients were not treated on a ‘bio-psycho-social’ level. In contrast to the walk-in model, I have found through my clinical clerkships that I value interacting with patients on a holistic level, integrating personalities, cultural values and income levels with disease management. In my practice, I hope to form lifelong bonds with my patients, provide guidance through the life stages and treat based on the whole person rather than just the illness.

I am interested in Family Medicine for a number of reasons. I am fascinated by the variety of pathology that presents to a primary care physician. I have enjoyed each rotation during medical school and working with all age groups. In my future practice, I hope to incorporate Obstetrics and Gynecology and shifts in the Emergency Room. Moreover, I plan to be a patient advocate and truly affect a community locally and worldwide. In medical school, I have organized groups to collect anti-retroviral medications for third world countries, concerts to benefit local charities, and food drives for the homeless. In residency and in practice, I am eager to get involved with the homeless population in Toronto and the HIV/AIDS program in Lesotho.

During my Master’s program in Nutritional Sciences, I developed a passion for research and nutrition. Poor eating habits, lack of exercise and obesity are problems apparent throughout society, especially amongst low-income populations. Family medicine presents a unique opportunity to counsel patients regarding their nutritional status. In both Toronto and Philadelphia, I have helped teach local families healthy and economically feasible eating habits. Over the next ten years, my ultimate goal is to create a centre in an inner city using evidence-based models to integrate family practice, nutrition education and physical fitness classes to promote self-directed and lifelong behaviour.

Moving from Toronto to Philadelphia to begin medical school was difficult – leaving my family, friends and the only city I have called home. However, I discovered many things since I have been away. I met my fiancée on the first day of medical school (who just happened to also be from Toronto); I realized that I enjoy teaching underclassmen; and that I have maintained my passion for research. In the future, I would like to practice in an academic setting where I could teach medical students and residents and also continue to investigate the role of nutrition in medicine.

I have worked hard to develop the foundations necessary to become a family physician. I am now ready and eager to continue to build these characteristics and hopefully return home to my family and friends in Toronto.